

Women`s Self-defense Workshop

**Sunday, February 26
12:45-3:45 pm**

with Darrel Ouellette

1st degree black belt taekwondo

2nd degree black belt hapkido

**Self defence instructor for corrections
and municipal enforcement**

Teacher of tactical training for law enforcement

Over 25 years teaching experience

**In this personal safety focussed
workshop you will learn:**

- **Verbal de-escalation**
- **How to escape from holds**
- **How to strike at the right time**
- **Improvised weapons**

**Members and Non-Members welcome
Pre-Registration Required. Cost \$50
920-2224 - www.ykracquetclub.com**

Racquet Club
squash, health & fitness

