



Women's Self-Defense

There will be a two-hour introduction to self-defense for women based on Japanese Jujitsu at the Severna Park Community Center on Sunday, April 23, 2017, from 2:00 to 4:00 PM. The seminar will focus on principles of self-defense, such as situational awareness, avoidance, and distraction, together with basic jujitsu techniques, such as arm-bars, throws, and self-defense on the ground. It's safe, and no prior experience is necessary. You can wear ordinary workout clothes. Jujitsu instructors will be there to help you with techniques and to serve as *uke* (e.g., the guy who gets thrown). Anyone aged 12 or older is welcome. College-bound teens will find the course especially useful. The cost is \$20.

Contact Sensei Dave Boesel (410) 544-4054 boesel.dg@verizon.net
Sensei Boesel is a fifth-degree black belt in Budoshin Jujitsu; President of the American Jujitsu Association; a black belt in Tomiki Aikido; a brown belt in Shorin Ryu Karate; and a jujitsu instructor since 1999.

