



Gloucester
Ottawa

SELF-DEFENCE

GO SELF-DEFENCE

AFTER YOUR WORKSHOP or SEMINAR

We hope you enjoyed your workshop/seminar and that we have introduced you to some useful concepts and techniques, but there is a limit to what we can do in a single short session. Now it's up to you whether it was just a brief diversion or the start of something more.

NEXT STEPS:

Practise: Even with a few very basic techniques at your disposal, there is no substitute for regular practise and training. Most of the basic releases and escapes we teach can be practised with friends, colleagues or family without any special equipment.

Learn more: The resources section our web site provides a number of documents and useful links worth exploring to find out more about the theory and practise of self-defence and topics ranging from assault crime profiles to legal issues around self-defence.

Get more training: Sign up for regular classes or organize a session or program at your school, workplace, club or other group.

Let's eradicate fear of the streets with more confident, capable people out in our communities!

Useful links:

https://www.goSelfdefence.com/r_library.php

<https://www.4starSelfdefense.ca>

www.goselfdefence.com