

DOUGLAS COUNTY PARKS & RECREATION DEPARTMENT PRESENTS:

WOMEN'S SELF-DEFENSE

Level 2

May 3 & 10

Time: 1-3 PM

Cost: \$40

Ages 13 & up.

Location:
High Desert Martial Arts/
Sierra Dojo
1434 S. Industrial Way
(In the Superior Center)
Gardnerville.

You must be pre-
registered to attend.

Pre-register at the
Recreation Division
located at 1327
Waterloo Lane in
Gardnerville.

For more information
call 782-9828

Douglas County Parks &
Recreation Dept.
PO Box 218
Minden, NV 89423.



For women who have already had an introductory self-defense course. We will work on the physical reactions to an attack and practice sharpening those skills, as well as how to weather the psychological storm afterwards. Wear comfortable clothing and sneakers and be ready to work out!

Instructor Diane Ortenzio-Cooling, chief instructor at Sierra Dojo Martial Arts, brings 28 years of experience in martial arts and self-defense training into the classroom with no-nonsense skills that YOU can learn and retain easily!



Topics include...

- How to hit with power
- Defenses against bigger, stronger attackers
- Fear management
- Using awareness and prevention skills
- Coping after an attack