



CONTINUING EDUCATION

Self-Defense for Women

Safety can be defined as "freedom from danger, risk, or injury." Making a conscious choice to be aware of your surroundings and avoid potentially dangerous situations will greatly decrease your risk of being assaulted. This course will address safety, awareness and personal protection, as well as pressure points and escape techniques to help you survive or avoid an attack. In addition to in-depth discussion on stalking and abduction, you will learn more advanced self-defense techniques and get more hands-on practice. Participants should wear comfortable clothing, as this class will involve physical activity. Remember: you are never too young or old to be assaulted...make an investment in your safety!

Appropriate for all ages of women, including high school and college students. **The Gift of Fear** by Gavin De Becker is required. It can be purchased online, at the SE Bookstore, or may be available at your favorite retail bookstore.

- Somewhere in America, someone is sexually assaulted every 2 minutes.
- Somewhere in America, a woman is battered every 15 seconds.
- Between 1 in 4 and 1 in 5 college women experience completed or attempted rape during their college years.

Amy Wingfield, a third degree blackbelt, has been studying Taekwondo for more than 10 years. She is the head instructor of Red River Taekwondo in Durant, and has taught more than 1,000 hours of Taekwondo and self defense classes.



Date(s): Apr 12 & 19 (Tues)

Time: 7:00-9:00 pm Cost: \$40

Location: SE Student Union Gym

Call the office today for more details, to request a catalog, or to enroll!

(580)-745-2858 www.se.edu/conted

You can use a credit card to register by phone.

Disability Accommodations: Please contact SE Continuing Education at 580-745-2858 or SE at 580-745-2368 to request assistance due to a disability. Accommodations cannot be guaranteed without adequate advance notice.