



**COMMUNITY  
SECURITY GROUP**  
Western Australia



# **WOMEN'S EMPOWERMENT & SELF DEFENCE**

## **SINGLE DAY POWER WORKSHOP**

CSG WA want to empower women in the community by giving women the tools, skills and techniques to give them a greater chance at having a safer, happier and more confident life. It will also help to stop the cycle of violence against women. These techniques can be applied by anyone regardless of age, size, shape or ability.

### **WHAT YOU WILL LEARN**

- Gain skills, confidence, awareness and ability.
- Women's Krav Maga focuses on options for overcoming a male-on-female attack situation.
- Learn multiple practical, intuitive responses that are designed to even the odds based on physiology, sociology, and everyday settings & situations in a practical workshop style format taught by CSGWA Instructors.
- Training for situations at ATMs, carparks, indoors and outdoors in a safe, friendly and fun environment.
- No experience necessary.

**ONLY \$15  
PER PERSON**

**SUNDAY 4 DECEMBER**

**2:30 PM - 5:30 PM  
MACCABI GYMNASIUM  
61 WOODROW AVE, YOKINE**

*Bring: Workout clothes, shoes, water bottle and towel*

Places are limited. Reserve your place now at:  
<https://events.humanitix.com/women-s-empowerment-and-self-defence-course>

