



WEN-DO WOMEN'S SELF DEFENCE

(since 1972 & founded in Toronto Canada)

With Deb Chard, Senior Trainer

This two-day course offers girls 10 years old + and women of all ages and abilities the opportunity to practice easy to learn, easy to remember physical and verbal techniques.

Included in this program are responses to the most common assaults on girls and women such as wrist and arm holds, strangulation and body holds, weapons defense, ground and bed defense, and gang and swarming situations.

Effective blocks, strikes, verbal self defense are a major component of this course. We include self defence situations in the outdoors, public transit, vehicles, home, work and school.

In an environment that recognizes and celebrates our diversity, we talk about violence against women and children breaking down the myths of who, where, why assault, harassment and abuse happens. We work to increase our awareness and confidence to promote our ability to defend ourselves and others when needed.

This training is proudly presented by the Municipality of Greenstone and the Geraldton Family Resource Centre.

SATURDAY SEPT 20 & SUNDAY SEPT 21, 2025

9.30 a.m. to 5.00 p.m.

There is no fee for this course, and a light lunch will be provided.

Deposit of \$20 required to hold your spot (will be reimbursed upon attendance)

Registration deadline is September 12th.

To register, please contact Kathleen Emmans, Community Services Administrative Assistant at (807) 854-1100 ext. 2010 or email kathleen.emmans@greenstone.ca

"Thank you for not only teaching the course but also for the care you showed to all women. Today I was not only empowered to participate and learn but it was also one of the very few times I listened to what my body was saying, took care of it and didn't feel guilty about it. Wen-Do is so much more than physical self-defense!" (student from a weekend course)

