



## PRACTICAL SELF DEFENSE WORKSHOP

**This fun and informative self defense class will provide practical and usable skills to help you deter and escape an attack should the need arise.**

This class will offer some practical insight that you can use in everyday life, give you confidence and a good foundation in self-preservation skills to keep you safe and sound. Your instructors will teach you skill that you will be able to practice with trained instructors and staff.

### **About the Instructors**

Tama Cathers a second degree black belt in To-ShinDo and certified Elemental Sexual Assault Protection Program Instructor along with her husband David Sink, fourth degree black belt in To-ShinDo.

**This is a donation based class - recommended donation is \$30-\$40.** Payment at the time of class OR online at registration. Must bring ticket to event.

**For Registration <https://cope-selfdefense-sept19.eventbrite.com>**

**Saturday September 28 1pm - 3pm  
At COPE Network  
2705 Virginia Ave, Kalamazoo**

**CLASS IS LIMITED to 16 (waitlist is available). If you need to cancel please do so by Sept 26th so others can register.** Go to the Tickets page, and locate your order. Click your order to view order details, and then select "Cancel Order" to cancel your registration.

**For questions please call 269-580-8290**