



PRESENT

Women's Self-Defense Workshop

Three Women's Self-Defense Workshops are being offered as part of the Great Plains Women Expo being held in Lyons Kansas on April 26th and 27th. The workshops will be led by Black Belt instructors from Kim's Academy of Tae Kwon Do. In the workshops, you will be presented with information on how to address strong and violent aggression/attack directed toward women. The Instructors will present a full range of Personal Body Weapons (beyond just hands and feet) that can be used when faced with an attacker. Strike points and pressure points will be explored and students will get the opportunity to practice strikes. Instructors will present several common attack situations and demonstrate a simple set of responses designed to enable the victim to escape or counter the attack. The overall objective of the workshops is to stimulate thinking about personal safety and initiate planning for establishing or improving personal safety practices both in and outside of the home. The information presented is not suitable for very young or pre-teenage children.

A total of three sessions will be offered at the Celebration Centre & Bar K Bar Arena (1145 E. 56 Hwy, Lyons, KS). The first session will be Friday April 26th starting at 5:00 PM and ending at 7:00 PM. The second session will be Saturday April 27th starting at 10:00 AM and ending at Noon. The final session will be Saturday April 27th starting at 1:00 PM and ending at 3:00 PM. These workshops are sponsored by Manweiler Chevrolet Inc. of Hoisington, KS.