

Personal Defense 1



Location

Yuma Campus, LETA



Audience

Open to the Community



Age Requirement

18+ and physically capable of performing basic movements



Format

8 Classes
2 Hours each
16 Total instructional hours



Register Today



**IMPORTANT
BEFORE
REGISTERING**

HANDS - ON TRAINING



Partner Drills



Physical Contact



Practical Exercises



Lecture, practical instruction, and hands-on training in skills, tactics, and techniques

**STUDENTS MUST BE COMFORTABLE TRAINING WITH OTHERS
PARTICIPANTS SHOULD BE PHYSICALLY ABLE TO PERFORM BASIC MOVEMENTS AND DRILLS**

AWARENESS



- Recognize Threats
- Improve Awareness
- Make Safer Decisions

WHAT YOU'LL LEARN

AVOIDANCE



- Avoid Conflict
- Create Distance
- Escape Safely

DEFENSE



- Defensive Positioning
- Protection Techniques
- Counterattack Principles

PRICE: \$155

WHO SHOULD ATTEND?

- Adults 18+
- Community Members
- Beginners Welcome
- Anyone seeking practical self-defense training

COURSE OUTCOMES

- Demonstrate a position of advantage
- Use defensive hand positioning
- Use effective movement & footwork
- Apply self-defense techniques
- Perform skills during practical scenarios

Email: ContinuingED@azwestern.edu

To Register and Pay: (928) 317-7674

Registration Hours: Mon - Thurs 8AM - 5PM, Fri 8AM - 4PM. Payments accepted via phone, or walk in. Please make checks and Money Orders payable to AWC. Visa, MasterCard, and Discover cards accepted, as well as cash.

Refund/Cancellation Policy: A 100% refund will be granted if a request is made 2 business days prior to the start of class. A 50% refund will be issued if notice is received less than 2 business days prior to class. No refunds will be issued after the first day of class. If a class is canceled due to low registration, we will contact you 2 business days prior.