

# SELF-DEFENCE

Basic course  
every age  
& level

## for women

September to December 2022  
Friday 18:00 – 19:30 Uhr



## COURSE DESCRIPTION

In the 10-part basic course, women and girls (12 years and older) learn basic self-defence techniques. This will give you the foundation to be able to defend yourself in an emergency. It is about avoiding dangerous situations and fending off an attack. This knowledge is the prerequisite for the advanced self-defence course (February - June 2023).

## BASIC COURSE CONTENT

- Basic self-defence concept
- Tactics in everyday situations
- Distance management
- Vulnerable body parts
- Defence against likely attacks (punches, choke holds, grabs)

## FOLLOW-UP

With an attendance of 80% in the courses you will receive a diploma that entitles you to the extension course self defence from February 2023.

## PRICE

10x Fr. 20.- = Fr. 200.-

## DATES

The course starts on 2<sup>nd</sup> September 2022 and takes place between 18:00 – 19:30.

## REGISTRATION

Until 31 August 2022 via [kiaicham.ch](https://www.kiaicham.ch)

## TEACHER

### FLORIAN ERNI

2nd Dan Ju-Jitsu, J+S-Expert, former member of the Swiss National Team Ju-Jitsu, former self-defence instructor in the Swiss Army



*«In dangerous situations, personal preparation is everything.»*

#### Judo + Ju-Jitsu Club Kiai Cham

Judo - Ju-Jitsu - Krafttraining | Schulhaus Röhrliberg 2 | 6330 Cham  
[www.kiaicham.ch](http://www.kiaicham.ch) | [info@kiaicham.ch](mailto:info@kiaicham.ch) | 041 780 68 86