

The topics and instruction to be covered include:

- Situational Awareness
- Confidence as a self-defense tool
- Prepared vs. Paranoid
- Basic posture and positioning
- Basic breakfalls - Learning to fall properly without suffering injury can save your life on it's own!
- Basic striking, blocking, and kicking
- Escapes from a variety of common holds and grabbing attacks
- Basic ground fighting techniques
- Joint locks and simple takedowns
- Basic Pressure Point Control Tactics (PPCT)
- Weapons of Opportunity - Including the use of the Persuader Keychain (Yawara)
- Application of the techniques learned in a variety of realistic scenarios



# JUJITSU

**Spaces are Limited. Register Today!**

**Only \$150.00**

**Wednesdays 7-9pm**

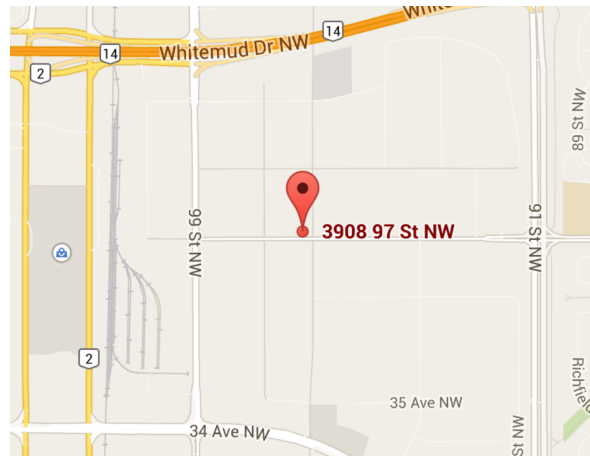
**July 8th - August 26th**

**To register or inquire for more info:**

**587-334-1858**

[info@jujitsuedmonton.com](mailto:info@jujitsuedmonton.com)

[inukshukkids@gmail.com](mailto:inukshukkids@gmail.com)



**INUKSHUK BUSHIDO KAI**

School Of Martial Arts

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# WOMEN'S

## SELF-DEFENSE

**Be an Opponent, Not a Victim**



**Always Come Home Safe**

## Why is Jujitsu Effective

Jujitsu is often referred to as “The Gentle Art”, but not because the techniques are gentle on the attacker! It is so named because the techniques you will learn use principles of leverage, momentum, and human anatomy to erase the differences in size and strength between you and your opponent. Regardless of your size, strength, or fitness level, you too can learn to effectively defend yourself.



Ladies Only

Suitable for all Fitness Levels

Ages 15 and Up\*



**Come Equipped With:**

Water Bottle

Comfortable Pants (No Shorts)

T-shirt

**Be Safe Get Fit Have Fun**

## Persuader Key Chain



**Receive a free  
Persuader Key Holder  
with Enrolment**

\*Parental Advisory; Some mature themes will be covered. Younger ages can participate with parental consent.