

Self-Defense Classes

Self-defense classes are both a great form of exercise that builds both mind and body confidence. A community self defense course can promote healthy living and provide residents with life saving strategies.

Find partners – Partner with a local martial arts organization or community police department. Advertise the organizations on promotional materials. Make sure to obtain the necessary waivers and paperwork.

Pick a location – Find a location to hold the classes. It can be in a local park, community center, the beach, or in a school.

Promote the Classes– Get the word out! Advertise using multiple methods including flyers and social media. Highlight the importance of promoting both a strong mind and body with these workshops.

Resources –

[American Women's Self Defense Association](#)

[NJ Coalition Against Sexual Assault](#)

[Self-defense or assertiveness training and women's responses to sexual attacks.](#)

MWC Success Stories —

Beachwood, New Jersey held a Women's Self Defense class in February and March. It was a free 4- week class held at the Beachwood Community Center and offered to women of the community. The hands-on class was conducted by a trained Sensei and the Beachwood Police Department. Participants were taught self-defense strategies and techniques. Click [here](#) to access their website and learn about the many events Beachwood MWC has to offer.

