

Self-Defense Workshop

Sponsored by West Central Association of REALTORS®

Date:
April 10, 2025

Time:
5:30 - 9:00 PM

State Fair Community College
3201 W. 16th St., Sedalia MO.
Thompson Conference Center

NO FEE
Must Register

SFCC
Students!

50
SPOTS
AVAILABLE



This training covers mental comprehension as well as functional physical applications.

Topics include:

- Environmental awareness
- Predator target selection
- Common attacks
- Fight/survivor mind set
- Sexual assault counter attacks
- Weapons disarming
- Self-defense weapons
- Fight/protection techniques.

4 A's of
Self-Defense

- **ATTENTION**
- **AWARENESS**
- **AVOIDANCE**
- **ACTION**

Adults | Ages 12- 15 years with guardian
Wear comfortable clothing & gym shoes.

<https://bit.ly/SelfDwks25>



State Fair
Community College

The LearningForce

FOR MORE INFORMATION, CONTACT US :
660-596-5822 | thelearningforce@sfccmo.edu

