

# NO QUARTER

## FIGHTING CONCEPTS



*Women are just as powerful as men....if they decide to be. Deciding to take action is necessary towards becoming powerful no matter who you are, regardless of gender or background. Our women's self-defense class is a stepping stone for women to realize that becoming more powerful is achievable through taking action.*



*This class focuses on training basic defenses using gross motor skills that are practical and effective for women regardless of size and strength. OODA - Orient, Observe, Decide, Act.*

*Here's some of what you learn and practice in a safe training environment:*

- *Learn strikes such as palm strikes, hammer fists, elbows and knees*
- *Learn to eye gouge, pinch, bite, and kick dirty*
- *Learn choke defenses - front, side, rear*
- *Learn bear hug defenses*
- *Learn to defend various grabs*
- *Learn to escape ground positions*
- *Learn situational awareness*



Location : 140 Baltic Ave Baltimore, MD 21225 2nd Floor

Time: 7-9PM Thursday

Contact: 443-371-3087 or 267-994-2496