

# Saturday Afternoon **Safety Workshops**



## E-Z Self Defense for Women

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with **Greg O'Connor** 6th degree Aikido Back Belt  
along with  
Aikido Centers Senior Women Black Belt Instructors

Teens and women of all ages will learn safe, empowering, easy-to-learn and apply ways to defend against the most typical scenarios that a woman might face.

Saturday Afternoon **Safety Workshops**

**July 15**

**Security & Law Enforcement Safety**

Pins & Come-alongs

**July 29**

**E-Z Self Defense for Women**

Teens and Adults

**August 12**

**Falling Safely at All Ages**

Children, Teens, Men, Women,  
Families and Senior Citizens

**August 26**

**E-Z Self Defense for Kids**

Parents and Their Kids Ages 5-12

**Saturday**  
**July 29**  
**2017**

**1-3:30 pm**

Participant fee: \$40

- Open to the general public—Teens and Women
- No experience needed
- Participants should wear comfortable, appropriate clothing

To be held at

**Aikido Centers-East Hanover**

55 Eagle Rock Ave. East Hanover, NJ 07936

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