

# 波特蘭少林武功中心

*The Portland Shaolin Center Presents:*

## WOMEN'S SELF-DEFENSE 4 WEEK WORKSHOP

This four class series is an introductory course in practical self-defense taught by women for women. No experience required. Topics covered include:

- Basic striking techniques
- Tools to set personal boundaries
- De-escalation tactics
- Exit strategies
- Basic falling and ground defense techniques
- Scenarios, drills, and exercises to combine everything

Space is limited to 20 spots only. Please commit to attending all four classes as each class will build on the previous with only minimal time for review.

*Open to the public!*

**MONDAY EVENINGS**

**6:00 PM-7:30 PM**

**MARCH 4TH - MARCH 25TH**



PORTLAND SHAOLIN CENTER  
3818 SE Powell Blvd. @ 39th Ave.  
Portland, OR 97202  
503-737-5025  
[info@portlandshaolin.com](mailto:info@portlandshaolin.com)

**CLASS FEE**  
**FIRST TIME \$85**  
**SECOND TIME \$45**

**ATTIRE**  
Loose comfortable clothing

Online registration and  
additional info. at  
[portlandshaolin.com](http://portlandshaolin.com)

