



ANIMAL FITNESS

# Women's

# SELF DEFENSE



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## WOMEN'S SELF DEFENSE PROGRAM



### Program Description

Our Women's Self Defense program is a specialized training course designed to empower women with the knowledge and skills to protect themselves from potential threats and to increase their overall safety and confidence. Classes cover stand-up fighting, kickboxing, defense against chokes and grabs and ground fighting.

### What to Wear

We recommend wearing comfortable and functional clothing that allows you to move freely and supports your physical activities. This includes athletic tops, fitness bottoms, athletic shoes and minimal/no jewelry.

### Recommended Items to Purchase

- Mixed Martial Arts Gloves
- Kickboxing / Boxing Gloves
- Mouth Guard
- Shin Pads

