

# SELF PROTECTION FOR WOMEN



## WOMEN'S WARRIOR WEAPONS COURSE

- A COURSE FOR WOMEN WHO WANT TO BE SAFE -

Women who want to protect themselves need methods that are effective, easily remembered and do not require long hours of training. This short course teaches a unique amalgam of techniques for women who want to be safe. Based on the principles and movements of Aikido (the Japanese way of harmony) it teaches the use of a small stick, torch, fan or hairbrush as a control mechanism to provide leverage in place of muscular power.

### When

Saturday 10th December 2011, from 10:00 am to 1:00 pm. Course cost \$60.

Register at: <http://www.aikido.com.au/seminars/womens-warrior-course/>

### Where

Ku-ring-gai Town Hall

1297 Pacific Highway

Pymble (amble parking at rear)



### What you will Learn

Aikido techniques are female friendly. They rely on harmonious movement, leverage and “ki” (energy) principles. This course will teach these same techniques with the emphasis of protecting oneself, not attacking others. Participants will receive personalised instruction in the use of a small “stick” that can be readily carried, and easily employed to control aggression.

### The Instructor

Derek Minus 5th dan, is one of the most senior Aikido instructors in Australia. Internationally graded, he has been conducting courses in the art of Aikido at the Ku-ring-gai dojo for over 30 years. He teaches classes in Aikido and aiki weapons each week for beginners, children and adults.

For more information see: [www.aikido.com.au](http://www.aikido.com.au)