

## **Spring Ann Arbor 2019 SELF-DEFENSE CLASS FOR WOMEN AND GIRLS**

This 12-hour self defense class will be taught over four, 3-hour classes.

Sundays March 3, 10, 17 and 24 from 2-5pm.

(missing one class is acceptable and will not preclude participation).

**Location:** Rudolf Steiner High School, 2230 Pontiac Trail, Ann Arbor, MI. 48105

**Cost:** \$150.00 per person (50% discount available for additional family members taking the class together). Free to repeat the class if you have taken the 12-hour previously. If you cannot afford the whole cost, talk with me about a reduced fee. **Payment due at the first class.**

**Register (TODAY!) via email [heidisproull@mac.com](mailto:heidisproull@mac.com) or phone (734) 474-7746**

**Instructor:** Heidi Sproull I have been teaching self-defense for women and girls since 1990. I hold a black belt in Jui Jutzu and a brown belt in Judo. I am a psycho-therapist (LMSW) who specializes in treating survivors of violence and have also treated those who commit violence. I understand the dynamics of sexual assault and other types of violence and work to empower students physically, psychologically and emotionally to say "NO!" to attacks of all types and "YES!" to a more empowered life.

### **Class Content:**

This class will consist of three areas of focus with the following goals in mind: It is appropriate for women, girls and female identified people ages 12 and older. If your daughter is under 12, talk to me about her and we can discuss the content in order for you to decide if she is ready for this type of class.

1. **Mental Preparedness:** We will discuss and role play the types of scenarios that put women and girls most at risk for sexual assault and other violence. We will work through hesitation and embarrassment and strive to increase assertiveness, self confidence and a sense of personal power.
2. **Verbal Skills:** Participants will learn assertive verbal techniques geared towards de-escalating dangerous or uncomfortable situations. We will work vocally to develop a strong voice and assertive, defensive yell.
3. **Physical Defensive Skills:** Students will learn and practice physical skills that are selected to be used by a smaller, less strong person towards a larger, stronger attacker. The skills you will learn have been proven over years of instruction to be effective in attacks, as well as easy to learn and remember.

I would gladly answer any questions you might have about content, teaching style etc. before you sign up. **Register via phone or email today!**

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