

Personal Safety Program 2021

4-session self-defence programs
for women in Semester 1,
with a focus on self-protection,
real world defence, mental preparation,
situational awareness,
weapons usage, and risks!

Brought to you by AU Judo Club



Tuesday 11th May, 18th May, 25th May & 1st June
Time 6.15 – 7.45 pm

If you miss a session in your booked program, you may be able to attend the corresponding session in the next program.

AU Judo Club members \$8/session; \$32/program
AU Students (AU Sport member) \$10/session; \$40/program
non-Students \$15/session; \$60/program

Places are limited!

email admin@aujudo.com to book and pay deposit of \$20.

Participants under 18 years of age require parental approval.

Instructor

Lauren Degabriele

is a passionate Martial Artist and Self Defence expert of over 20 years.

After working 15 years in a volatile and particularly violent field, Lauren's passion for "real world" self-defence grew.

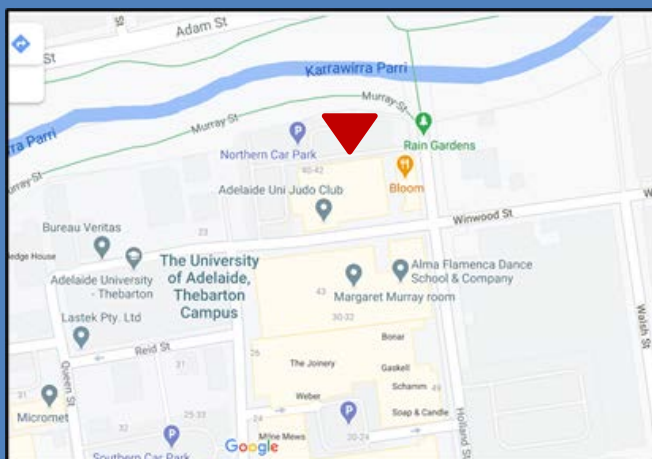
With a focus on awareness and personal safety, Lauren will equip you with more "tools for your toolbox" to be able to prevent or deal with ANY potential situations that may arise along with current legalities involved. Unlike other tired old "self defence" classes with set "attack, lock and flipping drills" you may have attended before, her system is proven to work no matter what your experience, age, size, strength or fitness levels.

Come along, practice and listen to Lauren's "real world" philosophy, knowledge and practical defence techniques. If you are lucky, she will share stories about how she has helped protect others and saved her own life countless times.

Thebarton Training Centre

off Winwood Street, Thebarton SA 5031

Entry is via the Northern car park on the River side



Wear comfortable street clothes



SCAN ME TO JOIN



Adelaide University Judo Club