

# Personal Safety Programs 2021

## Women's self-defence programs in Semester 2

Focus on self-protection,  
real world defence, mental preparation,  
situational awareness,  
weapons usage, and risks!

*Brought to you by AU Judo Club*



**August Program:** Tuesday – 6.15 pm to 7.45 pm  
3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> August

**September Program:** Saturday – 3.30 pm to 5 pm  
4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> September

**October Program** Tuesday – 6.15 pm to 7.45 pm  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> October

AU Judo Club members \$40/program  
AU Students (AU Sport member) \$50/program  
non-Students \$65/program

email [admin@aujudo.com](mailto:admin@aujudo.com)

to pay \$20 deposit & reserve your place

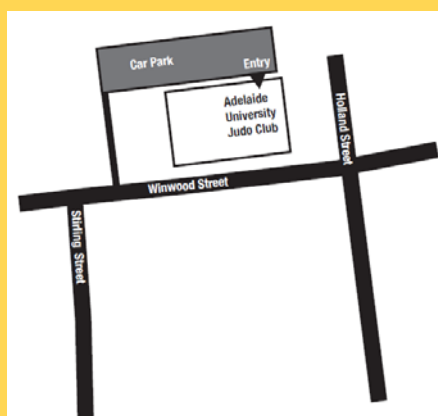
**Places are limited!**

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

*Minimum age 17 years; participants under 18 years of age require parental approval*

### Thebarton Training Centre off Winwood Street, Thebarton SA 5031

*Entry is via the Northern car park on the River side*



*Wear comfortable street clothes!*

## Instructor

### Lauren Degabriele

is a passionate Martial Artist & Self Defence expert of over 20 years, whose work in a volatile and particularly violent field inspired her “real world” self-defence programme.

Lauren will equip you with more skills to prevent or deal with ANY potential situations that may arise along with relevant legalities. Her system works no matter what your experience, age, size, strength or fitness.

Come along, practice and listen to Lauren’s “real world” philosophy, and practical defence techniques. She may also share stories about how she has saved her own life countless times.



SCAN ME TO JOIN



Adelaide University Judo Club