

# Personal Safety Programs 2022

## Women's self-defence program

- self-protection
- crime prevention
- *real world* defence
- personal awareness
- legalities
- weapons, strikes, defences and risks!



**Program 1:** Tuesday – 6.15 pm to 7.45 pm

4 sessions 22<sup>nd</sup> March to 12<sup>th</sup> April

**Program 2:** Tuesday – 6.15 pm to 7.45 pm

4 sessions 27<sup>th</sup> September to 18<sup>th</sup> October

AU Judo Club members \$15/session

AU Students (AU Sport member) \$20/session

General, non-Students \$25/session

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

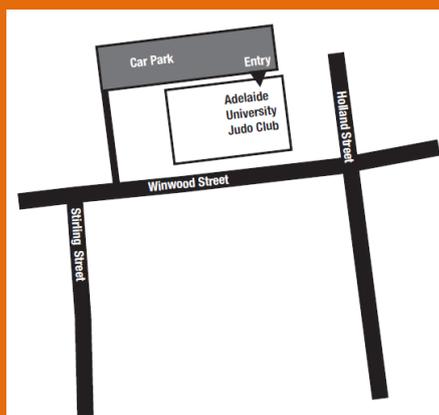
email [admin@aujudo.com](mailto:admin@aujudo.com) to **reserve your place** and pay for the first session

**Places are limited!**

### 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 friendly and passionate Martial Artist & Self Defence expert of over 20 years, whose work in a volatile & sometimes violent occupation inspired her "real world" self-defence programme. Topics covered include: Self Protection, Crime Prevention, Mental Health, Sexual Assault, Domestic Violence and much more. Lauren will equip you with skills and knowledge 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. You will have lots of fun too!



SCAN ME TO JOIN



Adelaide University Judo Club