

# Fight Like A Girl!



## Teen Self-Defense Seminars

**SATURDAY, MAY 20  
3-5PM**

\$30 Y-members/\$50 Community

**CLASS LIMITED TO FIRST 20 REGISTERED**



**FEMALES ONLY AGES 13-18 YEARS**

**GREAT FOR TEENS HEADED OFF TO COLLEGE OR TRAVELING THIS SUMMER!**

**You will learn common sense self-defense  
tactics for safely defending yourself!**



### **Instructor: Lloyd Canty**

Lloyd began martial arts training at age 8, and trained under Shinichi Suzuki and Christopher Curtis, two of the highest ranking Ki-Aikido teachers in the world. Part of his training included teaching Aikido-based defense tactics to professional women, including female police officers.

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## Women's Self-Defense Seminars

**TUESDAY/THURSDAY  
SPRING BREAK  
MARCH 24 & 26  
3-4:30PM**

**\$40 MEMBERS/\$75 PARTICIPANTS**

**CLASS LIMITED TO FIRST 20 REGISTERED**

**FEMALES ONLY AGES 13-18 YEARS**



### Instructor Lloyd Canty

Lloyd began martial arts training at age 8, and trained under Shinichi Suzuki and Christopher Curtis, two of the highest ranking Ki-Aikido teachers in the world.

Part of his training included teaching Aikido-based defense tactics to professional women, including female police officers.

You will learn common sense self-defense tactics for safely defending yourself from:

- A frontal attack
- Being pinned to a wall
- Hold-up at gun or knife point
- Attack from behind
- Being physically harassed on the bus/train/park bench
- Abduction attempt
- Rape attempt



### Ashland Family YMCA

540 YMCA Way  
Ashland, OR 97520  
(541) 482-9622  
Ashlandymca.org

Please call Sherry Jackson for more information.

