

Girl Scout and Boy Scout Troop Leaders!

Self-defense Class



Self-defense is the ability to defend oneself in any situation, whether it is from strikes, holds, throws or sweeps.

WMAF can help your troop to defend themselves by practicing easy, simple concepts and understanding basic body mechanics. Class will be age appropriate.

Class is provided free of charge to Girl Scout and Boy Scout troops. Contact us to arrange a date and time today!

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