

It takes a criminal less than 10 seconds to choose their next victim! So how do you plan to avoid becoming a victim?

Women's Basic Defense Class

Our self defense class teaches women a realistic approach to fight off predators. In the class, we cover critical thinking, situational awareness, assertiveness, and physical techniques that are easy to remember. Our instructors have firsthand experience with seasoned criminals, and can educate women on how to avoid becoming an easy target. We focus on simplicity and effectiveness. Please join our upcoming class January 19th, 2019, at 0830-4 pm at YMCA Trails west camp and learn how you can decrease the chances of becoming a victim. Call or email us today.

Clothing should be workout cloths

KC Shooters



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