

RESIST

Realistic Escape Strategies & Instinct-based Self-defense Training

Teen & Young Adult Self Defense Class

April 12th and April 14th
3:30 PM - 6:30 PM

All high school & college-aged girls who are residents of Bedford are invited to participate.

The class is free, but participants must pre-register.
The limit is 16 students.

The Bedford Police in collaboration with Domestic Violence Services Network, Inc. (DVSNI) is offering a RESIST self-defense class for young women. The goal of the course is to learn how to escape from an attacker by using instinct-based moves.

On Day 1, we will talk about general safety & dating safety before learning and then practicing physical self-defense moves like strikes, blocks, and knee strikes. **For Day 2**, students and instructors will don protective gear, and participants will be "attacked" using learned moves to escape. This part of the course is intense but amazing and empowering.

For questions and to register, please contact Jena Salon at
jenasalon@gmail.com

This class is funded by Lahey Community Benefits Initiative, Domestic Violence Services Network, Inc., and the Lincoln and Bedford Police Departments