



GO SELF-DEFENCE

Gloucester  
Ottawa

**SELF-DEFENCE CLUB**

[www.goSelfdefence.com](http://www.goSelfdefence.com)



## AFTER YOUR WORKSHOP

We hope you enjoyed your workshop and that we have introduced you to some useful concepts and techniques, but there is a limit to what we can do in a single short session. Now it's up to you whether it was just a brief diversion or the start of something more.

### NEXT STEPS:

**Practise:** Even with a few very basic techniques at your disposal, there is no substitute for regular practise and training. Most of the basic releases and escapes we teach in our workshops can be practised with friends or family without any special equipment. Better yet, sign up for regular classes or bring a friend or family member(s) to our next workshop so you can learn and practise together.

**Learn more:** The **resources** section our web site provides a number of documents and useful links worth exploring to find out more about the theory and practise of self-defence and topics ranging from assault crime profiles to legal issues around self-defence.

**Get more training:** Sign up for regular classes or attend one of our regularly scheduled workshops (second Thursday of most months). Organize a session at your workplace, club or other group.

Let's eradicate fear  
of the streets with  
more confident,  
capable people out  
in our communities!

### Useful links:

[www.goSelfdefence.com/o\\_classes.php](http://www.goSelfdefence.com/o_classes.php)

[www.goSelfdefence.com/o\\_nextworkshop.php](http://www.goSelfdefence.com/o_nextworkshop.php)

[www.goSelfdefence.com/r\\_library.php](http://www.goSelfdefence.com/r_library.php)

[www.goSelfdefence.com/tryit.php](http://www.goSelfdefence.com/tryit.php)

[www.4starSelfdefense.ca](http://www.4starSelfdefense.ca)

Bring a guest to one of our regularly  
scheduled workshops and we'll waive  
your \$10 registration fee.