

Self-Defense: Methods of Escape

This seminar will focus on self-defense methods that can aid in the escape of violent encounters. The primary instructor is a retired police officer with extensive experience in martial arts. During this class, he will share methods of defense based on the mechanics of the human skeletal system.

This program may be used only once per TAP member site.

Program Type [Single](#)

Time 4 hours

Audience Size 8 mn - 20 max

Language English

Audience Adults

Season All Year

Topic Education

Region Statewide

Program Contact

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