

# HAGANAH

SEMINAR  
AUGUST 11<sup>TH</sup>  
@  
11:45am – 1:45pm

This seminar will discuss how to **DEFEND** from an attack or attempted abduction & most importantly, educate on how to **FIGHT** off their assailant using combat proven techniques which also incorporate make-shift weapons from the surrounding environment. These techniques are geared towards men & women and will significantly increase the odds of being victorious against an attempted assault.

**Defense From Attacks Including:** Chokes, Bear Hugs, Headlocks, Punches, Gun, Knife

**Offensive Responses Include:** Elbows, Knees, Hand Strikes, Biting, Gouging, Sensitive Strike Zone  
Demonstration techniques encompass the **Israeli Self Defense System – HAGANAH**

The seminar will educate Students on:

- Effective techniques to inflict damage upon their attacker **to allow for a safe escape**
- Safety Precautions & Awareness to help **prevent the possibilities of becoming a victim**
- Confidence & personality traits that will help **limit chances of being attacked**
- **Safe Escape & Guidelines** to follow should you be approached or attacked

Typical classes incorporate hand-held punching bags to afford students the opportunity to practice offensive techniques which will build **Endurance, Strength, Confidence, Footwork and Body Positioning** which in turn will help increase students physical, as well as mental ability to FIGHT when the situation dictates. We will help students to remain focused on their Intent to defend & escape versus crumbling emotionally under stress.

**Knowledge eliminates fear!**

## REQUIREMENTS:

- Ages 13+ (Men & Women)
- Arrive **20-minutes** prior to start time
- \$39 members / \$59 non-members

ASD is sincerely committed to Educating & Training our community in LIFE **survival** techniques

**AUSTIN**  
**SELF DEFENSE LLC**

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