

# WOMEN'S SELF-DEFENSE

*Training at Three Rivers has given me the self-confidence to enter into any situation unafraid. It is a truly freeing experience to know that I am able to defend myself in a threatening situation.*

*Linda Lackey, RN, MSN, FNP*

The women's program features Brazilian Jiu-Jitsu, an art that is well-known for being one of the most effective self-defense systems in the world. Without relying exclusively on punching and kicking, as many other forms of martial arts do, our program is unique because it focuses on elements of safety that can help you recognize dangerous situations before they progress into a physical attack. Jiu-jitsu is based on leverage and technique and does not require strength, speed, or coordination. Therefore, it can be used effectively by women of any age, size, strength, or physical fitness level. Through this course, you are arming yourself physically with simple, effective techniques for an escape. Furthermore, you are enabling yourself emotionally to maintain the presence of mind necessary to recognize or create an opportunity to get away.

### **Linda Lackey, Jason Hawkins, and Jared Jessup**

Linda is a personal trainer and a three-stripe blue belt under Royce Gracie. Owner and chief instructor of Three Rivers, Jason is a brown belt assistant instructor under Royce, as well as a certified instructor in G.R.A.C.I.E. law enforcement tactics. Jared is a brown belt and certified G.R.A.C.I.E. law enforcement instructor under Royce, and a two-time national Gracie jiu-jitsu champion.



## **SCHEDULE**

Sundays  
4:30-5:30 pm

*six-week courses*

*Set up a group class  
with your friends to  
fit your schedule.  
Private lessons are  
also available.*

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## **INTRODUCTORY SPECIAL \$25.00**

Audition our academy and art(s) before enrolling. Our introductory session includes two classes. First, you will receive a one-on-one, 30-minute class with an instructor to acquaint you with techniques of your chosen art. Then, you can put us to the test with one group class. Invite a friend to participate at no extra charge.

## **EQUIPMENT**

No special equipment is required for this class.

*Feel free to visit our website for a wide selection of products to enhance your training. Be sure to order through us to receive free shipping (restrictions apply).*