

LISLE POLICE DEPARTMENT

Self Defense Workshop for K- 5th Graders

Saturday, August 24, 2019 From 9 AM – 11 AM

This two hour, hands-on, FREE! workshop will provide children from kindergarten to 5th grade basic and practical skills to help keep them safe. One Light Self-Defense (onelightselfdefense.com) will provide the training. Wear comfortable clothing and gym shoes.

Learn:

- Safety Awareness
- Avoidance Tactics
- Striking Techniques
- Self-defense Misconceptions
- Strikes and Targets
- Defensive Techniques Against: Grabs, Chokes, Hair Pulls, Bear Hugs



Self-defense Workshops are Adapted to Meet the Specific Needs of Attendees of Varying Ages, Professions, or Needs Upon Request

Those interested in attending or who have questions should email Lisle Police Officer Cindy McKay at cmckay@villageoflisle.org.

This event fills up fast, be sure to reserve your child a space.

Waivers will need to be completed by parents when children are dropped off for the event.

Workshop will be held at the Lisle Police Department, 5040 Lincoln Avenue, Lisle IL, 60532