



3 Classes Available

- **Class 1:** Modern Risk Prevention and Safety Discussion
- **Class 2:** Movement Drills, Blocking, Striking and Ground Defense
- **Class 3:** Traps, Joint Manipulations and Choke Defense *(class 2 required prior)*



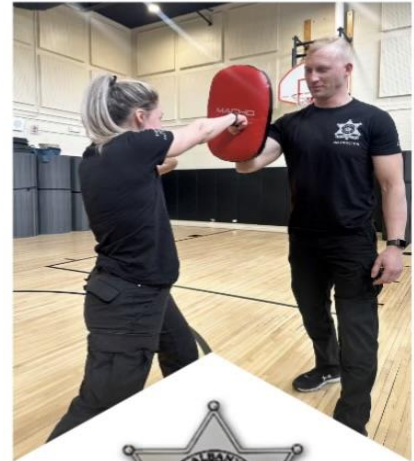
Register today at:
www.albanycountysheriff.com

Email:
Kayla.Apple@albanycountyny.gov



S.W.A.T

SHERIFF'S WOMEN AND TACTICS



Sheriff Craig D. Apple Sr.

www.albanycountysheriff.com

WOMEN'S BASIC SELF DEFENSE

This program focuses on empowering women through awareness and self-defense practices.

- 2 hour classes available to women of all ages
- No prior experience required.
- Classes will cover everyday awareness, online safety and sexual assault safety.
- Basic self-defense techniques and common attack strategies will be taught and practiced in a safe environment.
- * **Free** to Albany County Residents

Women Only Classes



Integrity and Compassion for all participants



S.W.A.T

SHERIFF'S WOMEN AND TACTICS

