

Green Willow Karate Presents:

# Self-Defense

An 8 Week Sexual Assault Prevention Course for Beginners

Dates: Each Sunday January 8, 2023, to March 5<sup>th</sup>, 2023 (\*\*note no meeting February 19<sup>th</sup>, 2023)

Time: 1:15 pm to 2:45 pm

Where: North County Dance Located at:  
North Coast Business Park  
535 Encinitas Blvd., Suite 103  
Encinitas, CA 92024

Cost: \$150

Class Limited to 10 people.

## Topics Covered:

San Diego Statistics – Sexual Assault

National Statistics – Sexual Assault

Myths of Sexual Assault

Awareness Training

Assertiveness Training

Physical and Psychological Boundaries

Self-Defense Strikes

Self-Defense Blocks

Self-Defense Releases

Ground Fighting

Online Safety

Safety in the Car

Safety in the Home

## About the Instructor:



Barbara Sedgwick-Billimoria M.Ed. is a 5<sup>th</sup> degree Black Belt and Karate Sensei with Green Willow Karate. With more than 40 years of experience in the martial arts and self-defense, Barbara has taken the underlying tenets of karate and condensed them into an 8-week self-defense program. Barbara has taught this course to hundreds of students at UCSD. In addition, Barbara holds a master's degree in counseling and is sensitive to the needs and emotional response of her students. She is dedicated to mitigating sexual assault through education and awareness.

## To Register:

Please call 760-815-6363. Payment is due at time of registration. Venmo or credit card accepted. Class limited to individuals 16 and older. Mature content will be discussed.