

Women's SELF DEFENSE



On May 4th at 7pm at the Ludlow Police Gym, the Ludlow Police will be hosting its first women's only self-defense class. The class will last approximately two hours and will focus on surviving one-on-one assaults. Participants can expect moderate physical activity and should dress in workout type clothing.

The class will be taught by Chief Scott Smith who used to be an Army Ranger and is a black belt in Brazilian Jiu Jitsu and has practiced many other martial arts. He will teach women to utilize moves and techniques that are realistic to their personal abilities.

This first class size is limited to around fifteen women, but if it is successful, there are plans to have more classes throughout the year. Our officers are training many times throughout the year and we are also open to the possibility of hosting couples self-defense training in the future.

When: May 4th, 7 p.m.

Where: Police Dept. Gym
*Meet at the Ludlow
Police Department
51 Elm Street*

Reservations:

Send an email to
ssmith@ludlow.org
or call (859) 261-8186