

Women's

SELF DEFENSE



On June 29th at 7pm at the Saint Agnes at 1322 Sleepy Hollow Rd, Covington, KY 41011 in the Gym, the Ludlow Police and Ft. Wright Police will be hosting its first joint 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 thirty women, but if it is successful, there are plans to have more classes throughout the year. There will be several officers and Martial arts experts to assist participants.

When: June 29th, 7 p.m.

**Where: Saint Agnes: Gym
1322 Sleepy Hollow Rd.
Covington, KY**

Reservations: email to
ssmith@ludlow.org
mschworer@ftwright.com

Contact: Chief Smith at Ludlow or
Captain Schworer at Ft. Wright
with questions.