



# FREE

## SELF DEFENCE TRAINING

### (Second round)

**Young Girls and Women only**  
(Age Limit: 10 years and over)

**3 x 1.5 hour classes run by qualified Rhee Taekwondo Instructors**  
**Techniques are easy to learn**

**Develop confidence and skills that strengthen your ability to protect yourself**  
**Improve self awareness and build resilience**  
**Develop and maintain healthy boundaries**

**Dates:**

May 23<sup>rd</sup> Wednesday - 6-7:30pm

May 30<sup>th</sup> Wednesday - 6-7:30pm

June 6<sup>th</sup> Wednesday - 6-7:30pm

**Held at:**

Crescent Lagoon State School

**Community Hall**

99-109 North Street extended  
West Rockhampton



**Rhee International  
Taekwondo Rockhampton**

**REGISTRATIONS OPEN UNTIL 22<sup>nd</sup> May.**

**Limited places (20 max participants) book ASAP.**

**Call: 4920 1700, ask for Sandra between 8am and 2pm weekdays or email  
your interest with your name and contact number.**

**[sandra.stock@ucommunity.org.au](mailto:sandra.stock@ucommunity.org.au)**

Advocates of self defence for women believe that, "...the development of particular physical and mental skills will strengthen women's physical capacities, support women's independence, increase women's mobility and, ultimately, move women from a culturally conditioned passivity to being non-passive, powerful individuals."<sup>1</sup>

<sup>1</sup> Cummings, N. (1992) "Self-Defence Training for College Women" - *Journal of American College Health*.