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WOMEN'S TOTAL KNOCKOUT SELF DEFENSE

Taught by a female veteran Police Officer



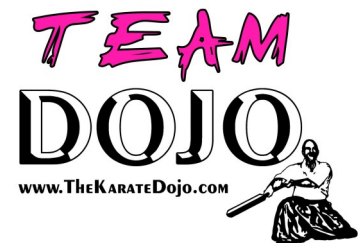
2263 Sunset Blvd. • West Columbia, SC • 803-739-9494

Instructor: Teena Gooding



Teena Gooding is currently a Lieutenant with a State Law Enforcement Agency who has worked in Law Enforcement since 1999. She has been a certified Self Defense Instructor since 2004, Defensive Tactics Instructor since 2009 and Firearms Instructor since 2007.

Lieutenant Gooding teaches Female Officer Survival classes throughout South Carolina and is a certified Sabre Civilian Safety Awareness Program Instructor making her the perfect head instructor for our **TKO: Women's Knockout Self Defense** program at The Karate Dojo!



The Karate Dojo

2263 Sunset Boulevard

West Columbia, SC 29169

(803)739-9494

Website: www.TheKarateDojo.com

Email: Info@TheKarateDojo.com

**Classes are held Tuesday
evenings from
7:00 - 8:00pm**

The paradox of Self Defense is that the more prepared you are, the less likely you are to need it. In this self defense class you will develop your warrior mindset. You will learn how to deliver targeted attacks to an attacker's vulnerable points. You will become proficient in punches, elbows, knee strikes, and kicks.

You will learn how to take an attacker down but also what to do if you get taken down. You will learn how to defend yourself if attacked with a weapon but also how to use your own weapons to include: OC Spray, Taser, Knife, Key Chain, just to name a few!

Become a WARRIOR today and forever!