



# Self-Defense-Workshop

Would you like to gain strength and self-confidence and learn practical tips and methods in potentially dangerous situations? Then come along to our event.

## Contents of the workshop:

- Welcome and introduction
- Exchange of experiences and identification of the dangerous situation
- Development/discussion of the measures/techniques to be learned in order to gain confidence in problem situations
- Practical exercise and application of the measures and techniques presented.

**WHEN:** Thursday, 12.12.2024, 18:00 - 19:30

**WHERE:** SP Saal AStA HHU, Universitätsstr. 1, Building 25.23.U1, Düsseldorf

You are welcome to register by 12.12.2024, 13:00 at [kultur@stw-d.de](mailto:kultur@stw-d.de) to secure your place or you can come by spontaneously.

We look forward to seeing you!

## Contact

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Photo: [www.nyarko-sports.de](http://www.nyarko-sports.de)

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