



BRPD News Item

Baton Rouge Police Department Office of Media Relations
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Date:	01-16-14
Slug:	Equalizer Class
Submitted by:	Cpl Don Coppola

The Baton Rouge Police Department is offering an Equalizer Women's Self-Defense class. The class will be held at the Baton Rouge Police Department Training Academy, located at 9050 Airline Hwy (in the building behind the parking garage). The class times are from 6:00pm until 10:00pm for each session.

Session 1

Monday, February 17th or Tuesday, February 18th

Session 2

Wednesday, February 19th

Session 3

Monday, February 24th

Session 4

Wednesday, February 26th

There is no charge to attend the class which is open to women over the age of 13. Participants should wear comfortable clothing suitable for physical activity.

The course covers: facts about violence against women, reducing the risk of becoming a victim, defensive striking, common grab defenses, head-lock defenses, bear hug defenses, striking and knife defense and group escapes.

Participants must attend all 4 sessions to be certified.

Class size is limited so participants should register early by calling the Baton Rouge Police Department Training Academy at 225-389-3886.