



Chief of Police Carl Dabadie

News Release

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FOR IMMEDIATE RELEASE

EQUALIZER CLASS

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 9000 Airline Hwy. The class times are from 6:00pm until 10:00pm for each session.

Session 1

Tuesday, February 16th

Session 2

Thursday, February 18th

Session 3

Tuesday, February 23rd

Session 4

Thursday, February 25th

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 going to eventbrite.com and search Baton Rouge Police Department Woman's Equalizer Class – February registration.

Sgt. Don Coppola Jr
Office of the Chief of Police
BRPD Public Information Office
(225)389-3948
dacoppola@brgov.com

Office of Media Relations
(225) 389-3948