



BRPD News Item

Baton Rouge Police Department Office of Media Relations
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Date:	01-28-15
Slug:	Equalizer Class
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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 building behind the parking garages). The class times are from 6:00pm until 10:00pm for each session.

Session 1
Tuesday, March 3rd

Session 2
Thursday, March 5th

Session 3
Tuesday, March 10th

Session 4
Thursday, March 12th

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 - March registration.