

# ***TIGER TACTICS: PERSONAL PROTECTION***

## **PERSONAL PROTECTION AND SELF DEFENSE WORKSHOPS AVAILABLE!**

### **INTRODUCTION**

One Session  
2 hours

### **BASIC**

One Session  
3 hours

### **INTENSIVE**

Two Sessions  
6 hours

Workshops include discussion on awareness, the difference between self defense & personal protection, the application of physical techniques (escapes, strikes, control holds) plus the legal aspects regarding what IS self defense!

Scheduling available for group and company training.  
Groups and companies providing the training space  
receive discounted registration fees.



# **WHITE TIGER**

## **MARTIAL ARTS**

## **白虎武進館**



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