



VALKYRIE WESTERN MARTIAL ARTS ASSEMBLY

LEARN PRACTICAL SELF-DEFENSE FOR EVERYDAY LIFE

Self-defense training is an essential tool that can mean the difference between life and death, or fear and empowerment. Unfortunately, many training programs fail to teach students how to deal with unsafe situations that are uncomfortable but not actually life-threatening. They'll teach you how to take down an assailant who is trying to kill or badly injure you, usually by seriously harming them. But what if you're not dealing with a knife-wielding attacker or a violent sex offender? How do you effectively diffuse a confrontation with a creep at the bar who doesn't value boundaries, or a street harasser, or a problem customer in your workplace, if your only options are to do nothing or go for the jugular?

There are a lot of intermediate, lower-risk techniques that you can use to de-escalate or escape a dangerous situation without getting into a fight. Let us teach you how to use observation, verbal de-escalation, and simple physical techniques to address the situations that you're most likely to actually face. Whether you're looking for a quick lunchtime lecture or a longer hands-on workshop, we'll make sure that you get the tools you need to manage your safety in a format that works for you.

Valkyrie Western Martial Arts Assembly is a Vancouver-based school of boxing, wrestling, and fencing. We are committed to accessibility and diversity, and consider practical self-defense training to be one of the cornerstones of personal development, empowerment, and safety for all people. Our lead instructors have over 30 years of combined teaching experience, including self-defense and de-escalation training with security guards, police agencies, and vulnerable civilian populations. Our teaching is focused on giving students concrete, simple tools and the understanding and psychological preparation that they need to apply them effectively, and deal with the aftermath. We have experience designing and delivering courses for gender- and background-specific groups, and are happy to work with you to deliver a self-defense class that suits your precise needs.

Discounts are available for non-profits and community groups.

Contact us today and take the first step towards greater safety, adaptability, and resilience!

SEMINAR OPTIONS

1-HOUR GROUP PRESENTATION

Learn how to spot and respond quickly to a bad situation, what resources you can bring to bear against someone who threatens your safety, and how to take care of yourself after a confrontation.

This presentation is ideal for groups of 5-100 people.

2-HOUR INTERACTIVE WORKSHOP

Go hands-on and give your group a better understanding of the tools available to them in a self-defense scenario, and a chance to understand their own capabilities. Gain the benefits of tactical instruction in an accessible format that's suitable for students of any background, fitness level, or experience.

This workshop is designed for groups of 5-20 people.

2-DAY PRACTICAL SELF-DEFENSE PROGRAM

Take a deep dive into the many sides of effective self-defense, including legal rights in Canada, identifying potentially dangerous people and situations, decision-making, de-escalation techniques, and physical defense techniques. Students have the opportunity to participate in scenarios to practise their new skills in a realistic context.

This workshop is designed for groups of 5-12 people.