

Learn Self-Defense Techniques at IMPACT Series this Wednesday

10.07.2013

New Student Orientation's IMPACT series continues this Wednesday, October 9, with a course in self-defense techniques at 12 noon on the second floor of the Memorial Student Center on the Southwestern Oklahoma State University campus in Weatherford.

The free event is open to both females and males, and refreshments will be provided.

Sergeant Nic Coleman of the Army National Guard will conduct the sessions. The interactive training includes: victim profile education, survival awareness, distraction technique training, stunning techniques training, wrist grab defense, hugging defense and striking.

Because the training is interactive, participants are asked to wear appropriate clothing in order to participate. For more information, contact the NSO office at 580.774.3233.