

# LAKE PLACID WOMEN'S SELF DEFENSE COURSE



## Dates & Location:

Mondays & Wednesdays - 9/8/25-11/5/25  
6:30 pm - 7:45 pm

Fitness Revolution, Lake Placid NY

## Instructor:

Diana LeBlanc

- Jiu Jitsu Brown Belt
- Tae Kwon Do Black Belt
- Women Empowered Pink Belt

## Contact:

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- Text: (518) 418-5450
- [facebook.com/RiseUpAdirondacks](https://facebook.com/RiseUpAdirondacks)

## Course Details

- 17 trauma informed classes
- \$300 non members | \$250 members
- No prior experience needed
- Ages 13+ (Girls under 18 must have an adult present)
- Wear comfortable athletic clothes

## Participants will learn:

- Boundary Setting Techniques
- Leverage Based Techniques
- Key Principals of Situational Awareness



**RISE UP**

**— SELF DEFENSE —**

empowering teens and women



**fitness  
REVOLUTION**

THE HOMETOWN GYM