

FREE WOMEN'S SELF DEFENSE SEMINAR

Location & Dates:

Fitness Revolution, Lake Placid
Jan 24th, 2026
1:00-3:30 pm

Instructors:

Diana LeBlanc

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

Todd Winch

- Jiu Jitsu Brown Belt
- No-Gi Submission Grappling Black Belt
- Certified EFC Instructor

Contact:

- Email: riseupadk@gmail.com
- Text: (518) 418-5450
- facebook.com/RiseUpAdirondacks



Details:

- Don't miss this **totally free** seminar!
- No prior experience needed
- Ages 13+ (Girls under 18 must have an adult present)
- Wear comfortable athletic clothes

Participants will learn:

- How to escape grabs
- How to prevent takedowns
- Boundary Setting Techniques
- Leverage Based Techniques
- Key Principals of Situational Awareness

Instruction donated by:



RISE UP
— SELF DEFENSE —
empowering teens and women

Mat space donated by:



THE HOMETOWN GYM