



FREE

WOMEN'S

SELF-DEFENSE

Norfolk Karate Academy
814 West 45th Street, Norfolk, VA 23508

WORKSHOP

1 in 5 college women will be sexually assaulted during her undergraduate years. 32% of college students have experienced some form of abuse in their intimate relationships. While a victim of violence is not to blame or responsible for the actions of the perpetrator of that violence, we want to empower female students with easy self-defense techniques that can potentially be used to escape a dangerous situation.

Please RSVP by November 10th to womenctr@odu.edu in order to participate.



OLD DOMINION
UNIVERSITY

IDEA FUSION

WOMEN'S CENTER
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