



WEN-DO WOMEN'S SELF DEFENCE

(since 1972 & founded in Toronto Canada)

With Deb Chard, Senior Trainer

'What a thoughtful and intelligent self defence program that was warmly taught with consideration of a woman's lived experience.'

**Located in the Distillery District – Toronto
Main intersection is Parliament & the Esplanade**

Weekend July 11 & 12th, 2026

9.30 a.m. to 5.00 p.m.

Course Fee: \$150.00.

For more information please Contact Deb Chard

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This two-day course offers girls 10 years old + and women of all ages and abilities the opportunity to practice easy to learn, easy to remember physical and verbal techniques.

Included in this program are responses to the most common assaults on girls and women such as wrist and arm holds, strangulation and body holds, weapons defense, ground and bed defense and gang and swarming situations.

Effective blocks, strikes, verbal self defense are a major component of this course. We include self defence situations in the outdoors, public transit, vehicles, home, work and school.

In an environment that recognizes and celebrates our diversity, we talk about violence against women and children breaking down the myths of who, where, why assault, harassment and abuse happens. We work to increase our Awareness and confidence to promote our ability to defend ourselves and others when needed.

From a grade nine high school teacher: 'Thank you so much for coming. Your empathy, sensitivity and understanding have been much appreciated. It's not very often that my girls have the chance to hear such positive messages about self-esteem, self-worth and control over their own lives. I especially liked how you tied in aspects of healthy relationships, date rape, and sexual assault in the course.'