

Women's Self-Defense Class

Evergreen Karate is pleased to offer a self defense class for individuals identifying as female and aged 12 years and older.

Saturday, January 25, 2025

2:00 – 4:00 p.m.

\$35 per person

Register at:

<https://tinyurl.com/c9tp2fpn>

Wear comfortable non-restrictive clothing.

Childcare can be provided by appointment.

Evergreen Karate & Ju Jitsu

10121 Main St.

Bothell WA 98011

<https://evergreenkarate.com/>

<https://everettaikido.com/>



We will cover:

- Situational awareness
- Variety of grab escapes
- Strikes
- Weapon improvisation
- Falling safely
- How joints work
- Battling your mindset



This self-defense class is taught by Sensei Tracy (she/her) and Sensei Logan (she/her).

Our trauma-informed approach ensures a supportive, non-judgmental environment where every participant can learn vital skills to protect themselves, regardless of experience or background.

Sensei Tracy is a 3rd degree blackbelt in Kokikai Aikido. She has trained in various martial arts including Aikido since 1987. She is a fierce advocate for gender equity and LGBTQIA+ rights.

With over 15 years of martial arts experience, Sensei Logan is a dedicated 2nd Degree Black Belt in Shudokan Karate-do. Passionate about fighting against gender-based violence, her teaching style emphasizes building confidence, safety, and hope.

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