



DEPARTMENT OF PUBLIC SAFETY

Personal Self Defense

Learn five simple techniques that can help you protect yourself during a physical altercation. These techniques do not involve hitting or kicking and you don't need strength to apply them. Learning the basic mechanics of the body is the key to defending yourself against an attacker.



To set up a self defense class for your resident hall, organization, or department,

contact  [Sgt. John Alfred.](mailto:Sgt. John Alfred)

