



Center for Professional Development

Defensive Awareness for Women

This course is a self-defense class for women, however it is not a fighting class. This class was created to make women aware and not to become a victim.

It will cover:

- Stance
- How to walk
- How not to become a target, some golden rules to follow

Along with this information the instructor will

- Explain how they are likely to feel in a threatening situation
- How to defuse a threatening situation
- Will dispel some of the false security of weapons they might want to carry.

Dates: Wednesdays TBA

Time: 5 pm to 7pm

Cost: \$55

Location: Edison College, Fort Myers Campus, room to be announced

Instructor: Joe Caiazza has been a law enforcement officer for over 30 years. He taught self-defense in the police academy for over 11 years training law enforcement recruits, correction recruits, and probation officers. On the civilian side he has taught many classes to women for self-defense and has written papers on the subject. He is a Florida State Certified instructor for self-defense, firearms, fitness and patrol techniques.

[Advance registration and payment to the Cont. Ed. Office is required](#)

[Seats are limited, so register today!](#)

[For registration form and information, call 239-489-9235](#)

[email celee@edison.edu](mailto:celee@edison.edu)

[OR download from www.edison.edu/lee/ce](http://www.edison.edu/lee/ce)