



Fight Back 101

Self-defense training

DART Defense is a nonprofit organization specializing in violence prevention and personal safety training. Fight Back 101 gives participants practical skills they can use to recognize risk, respond to common threats, and feel more prepared to protect themselves.



Learn How To:

- Break free from common holds and grabs
- Use simple, practical self-defense techniques
- Improve awareness of your surroundings
- Know when and how to respond to a threatening situation
- Identify common mistakes that can make a situation more dangerous

Date:
When:
Where:

