

## Young Women's Self Defense Course

Written by Dean Scott

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On Wed. 26 March 2014 at 7pm the Carolina Isshinryu Academy taught a young women's Self Defense Course at the Weddington/Waxhaw Church of Latter Day Saints. The event was a coordinated effort between **Sensei Justin Serpico** and the President of the Church's young women's youth group. Sensei Serpico was assisted by

**Mr. Jin Fang**

,  
**Leslie Snow**

and

**Gabrielle Serpico**

. The course was delivered as an introduction to self defense and included concepts about awareness, avoiding distractions, escalation of force and some basic physical escapes/evasions. Over 35 women ranging in ages from 12 years through adult were in attendance.