

## **Self Defense**

Come join a session of training and knowledge on how to defend yourself in the work place (office-units grounds) and at home! Learn about the “Element of Surprise” intense basic training on holds, grabs, kicks, ground fighting, target areas and how to prevent physical confrontation.

*Instructor: Pam DeChow-Roebuck & Norma King – The Ross Management Group*



### **Pam Dechow-Roebuck**

Pam Dechow-Roebuck is a manager for The Ross Management Group. She has been with the company for twenty-one years. Pam began martial arts classes fourteen years ago and went on to teach kick boxing and self defense. She currently holds a red belt in Kuan Tai Do and is a member of Independent Martial Arts Federation. She has retired belt ranking to teach basic self defense.