



Six-week Women's Self Defense seminar:

Sunday October 22nd from 3:00-4:30 pm

Sunday October 29th from 3:00-4:30 pm

Sunday November 5th from 3:00-4:30 pm

Sunday November 12th from 3:00-4:30 pm

Sunday November 19th from 3:00-4:30 pm

Sunday December 3rd from 3:00-4:30 pm

Where: Meetings will take place at [Devine Jiu Jitsu](#) on James Island. Located at 327 Folly Road, Suite A, Charleston, SC 29412.

The seminar is open and free to the public.

If you or someone you know might be interested, please contact Thomas Nadelhoffer at tnadelhoffer@gmail.com.

Organized by: [Learn to Resist](#) (the Charleston chapter) is a 501(c)(3) non-profit organization that focuses on the self-defense aspect of jiu jitsu. We started *Learn to Resist* because we believe in the transformative power of jiu jitsu and we are committed to using it to make the world a better and safer place for all. Join us in our mission!

More details here:

http://philosophycommons.typepad.com/learn_to_resist/