



### Women's Self Defense Class

The Swatara Karate Academy will be hosting a FREE Self Defense Class for women at the Swatara Township Municipal building. This beginners class will focus on maneuvers that would surprise or stun an attacker and provide an opportunity for the victim to get to a place of safety. No prior martial arts experience is necessary.

Cpl. Pokrop, from the Swatara Township Police Department, will be discussing situations where self defense would be applicable. Information on the legality of self defense along with Protection From Abuse Orders will also be available.

Participants will be allotted time to ask questions at the end. If you plan on attending this event we ask that you wear comfortable clothing and athletic shoes/sneakers. Doors to the township building will open at 9:30am on 5/13/23. If you have any questions please contact Cpl. Pokrop at 717-564-2550 OR via email at

[bpokrop@swatarapolice.org](mailto:bpokrop@swatarapolice.org).

**Hosted By:** The Swatara Karate Academy

**When:** Saturday May 13th from 10am to 2pm

**Where:** Swatara Twp. Municipal building  
599 Eisenhower Blvd. Harrisburg, PA 17111

**Who:** Women age 14 and older

**Registration is REQUIRED and is FREE**

**Please scan the QR Code to Register**

