



Diamond Defense

A Girl's Best Friend.



Self Defense Training & Tools
for Women & Girls. Learn to
protect and defend yourself.

Risk Awareness Training

Easily Employable

Physical Defense Techniques

Defense Tool Training

Choose a Course:

3 HOUR OR 6 HOUR GROUP DEFENSE TRAINING:

Prices vary depending on group and length of session (\$20-\$50 per person). Includes safety awareness discussion as well as physical and defense tool training.

2 HOUR PERSONAL DEFENSE TRAINING:

\$50, one-on-one personal defense training includes personalized safety awareness discussion as well as physical and defense tool training.

DiamondDefense.com

Call (916) 254-8066 to schedule today!



Damsel in Defense is about equipping women with the tools to keep them safe.

**Ever wanted to test fire a stun gun?
Not sure about carrying pepper spray?**

Ask all of your self-defense questions and learn how to protect yourself in a fun and empowering environment!

Host A Party!

Host a girls' night in and get ready for your next girls' night out! Have a Personal Protection Party and invite your girlfriends to stock up on items to keep you all safe.

POWER HOUR:1-HR SELF-DEFENSE SEMINAR:

Free of charge! Get your best girls together and get your POWER on! Includes safety awareness discussion as well as defense tool training. (Does not include physical defense training)

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