



## **Free Utah's Women's Self Defense Workshop Announced**

*February 06, 2024*

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North Salt Lake, UT ? Mushin Self Defense, a leading martial arts academy in Utah's Salt Lake area, is excited to announce a free community workshop on women's self-defense. This empowering event is scheduled for February 21, 2024, at 9:00 PM, dedicated to providing women with the skills and confidence to protect themselves in any situation.

In today's world, the importance of self-defense education cannot be overstated, especially for women. Recognizing this, Mushin Self Defense has crafted a specialized workshop that aims not only to teach practical self-defense techniques but also to foster a sense of empowerment and mental resilience among participants.

### **Empowerment Through Self-Defense**

The Free Community Workshop on Women's Self Defense is designed to accommodate individuals of all skill levels, from beginners with no prior experience to seasoned martial artists looking to refine their techniques. The workshop will cover a range of topics, including situational awareness, prevention strategies,

and physical self-defense techniques that are effective and easy to apply in real-life scenarios.

Mushin Self Defense's experienced instructors will lead the workshop, bringing years of expertise in martial arts and self-defense training. Their approach is not only about teaching techniques but also about building confidence, strength, and a sense of security in one's abilities.

As a respected and highly reviewed martial arts academy, Mushin Self Defense has a Google rating of 5 stars with dozens of reviews. In one review, student Jessica Ericksen says "Mushin is a great community with instructors who really know what they are doing. I would recommend them over and over with no hesitation."

### A Commitment to Community Safety

This workshop underscores Mushin Self Defense's commitment to community safety and empowerment. "We believe that everyone has the right to feel safe and confident in their daily lives," says Brian Yamasaki, co-founder of Mushin Self Defense. "Our goal with this workshop is to equip women in our community with the knowledge and skills they need to protect themselves and to promote a culture of empowerment and resilience."

### Workshop Details

Date: February 21, 2024

Time: 9:00 PM

Location: 420 North Redwood Road, North Salt Lake, UT 84054

Cost: Free

Participants will engage in practical exercises and interactive discussions, ensuring they leave the workshop with a solid foundation in self-defense principles and techniques. The event also offers a great opportunity to connect with other women in the community, fostering a supportive network of individuals committed to personal safety and empowerment.

### Registration Information

Space for the free women's workshop is limited, and interested participants are encouraged to register early to secure their spot. Registration can be completed online at Mushin Self Defense's website.

For more information about Mushin Self Defense and their Women's Self Defense program, please visit <https://mushinmma.com>.

## About Mushin Self Defense

Mushin Self Defense is a premier martial arts academy that offers a wide range of programs tailored to individuals of all ages and skill levels. With a focus on self-defense, mental toughness, and physical fitness, Mushin Self Defense is dedicated to helping students achieve their personal and martial arts goals. The academy's philosophy centers on the principle of "Mushin," a state of mind that allows individuals to react to situations with clarity and calmness. Through its programs, Mushin Self Defense aims to empower individuals with the skills, confidence, and mindset necessary to navigate the challenges of the modern world.

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For more information about Mushin Self Defense, contact the company here: Mushin Self Defense Brian Yamasaki 801-296-0734 instructor@mushinselfdefense.com 420 N Redwood Rd Ste G North Salt Lake, UT 84054

### **Mushin Self Defense**

*Professional martial arts instruction in a safe and friendly environment. Techniques include Mixed Martial Arts, Brazillian Jiu-Jitsu, Muay Thai, Boxing, and Wrestling.*

*Mushin is a family-friendly school with both adult and kids programs.*

Website: <https://mushinmma.com>

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