

Self-defense workshop slated on campus

3/13/09

Alfred University Physical Education Instructor Elise Flynn-Misture, with a team of Alfred martial arts instructors, will teach basic elements of self-defense on Saturday, March 28, at 3 p.m. in the Women's Leadership Center, the Commons building, on the corner of Sayles and Terrace streets. The workshop is free but space is limited. Please register by Tuesday, March 24, by calling 607.871.2971, or e-mailing wlc@alfred.edu. The workshop will include an array of practical, effective techniques, with a focus on techniques for women. In addition to learning self-defense tactics, participants will be able to try them on a "padded attacker." Each participant will have ample opportunity to practice and will receive a certificate upon completion of the workshop.