GRACIE JIU-JITSU MANCHESTER

ALL WELCOME

FREE EVENT

Women's Self-Defense Seminar

Never trained before? Great! This is built for first-timers — a room full of women learning the same techniques for the first time.

WHEN	TIME	WHERE
Saturday, Nov 21, 2026	**1:30 – 2:30 PM**	**85 Faltin Drive Manchester, NH**

WHAT YOU'LL WORK ON

Escaping grabs
From the front, from behind, and pinned against a wall.

Getting off the ground
Making space and getting back to your feet.

Leverage over strength
Every technique assumes they're bigger than you.

Scan to save your spot.

Free, but spots are limited. Bring a friend — just have them register too.

Ages 14+ (under 18 with an adult) · No experience needed.
Wear comfortable workout attire.

Learn more at https://www.gjjmanchester.com/
Questions? Text us at (603) 391-6436