

<https://shu.edu.pk/events/session-warrior-women/>

Session - Warrior Women

05 May 10:00 am - 2:00 pm Session - Warrior Women

Event Details

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On May 5, 2025, the Center for Sports & Fitness, Salim Habib University, successfully organized a one-day female training session on Warrior Women Workshop, powered by The Martial Arts Academy.

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The attendees of the workshop were guided through different scenarios on recognizing risky situations, and were taught basic self-defense skills and engaged in scenario-based training to get out of attack holds. The ladies demonstrated incredible enthusiasm and energy as they embraced their inner warrior women, leaving the workshop with a renewed sense of confidence.

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Time

May 5, 2025 10:00 am-2:00 pm (GMT+05:00)

[Calendar](#)[Google Cal](#)

Organizer

Center For Sports & Fitness

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