

4-Week Self-Defense Class

Bell Canyon Community Center Gym

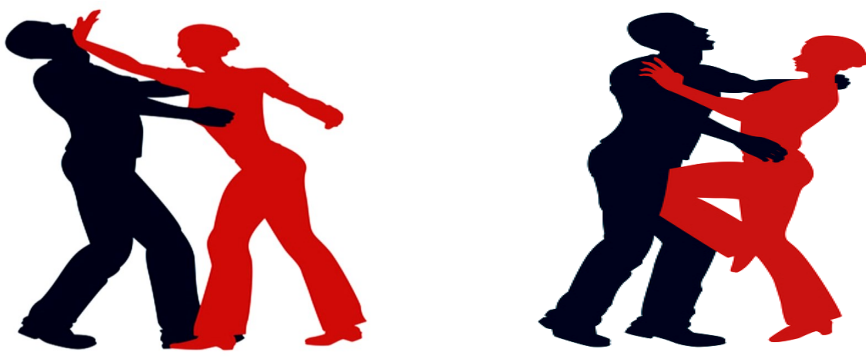
Monday's - May 15 & 22 and June 12 & 19

7 PM - 8:15 PM

Come learn how to protect yourself by taking this 4-Week Intensive Self-Defense Class!

This class is available for females ages 13 and up, as well as young men ages 12-17, who have found themselves victims of physical bullying.

During the four 75-minute classes, you will learn how to ward off attacks and assailants using a variety of effective and proven techniques. Attack strategies will be demonstrated and proper response for each unique situation practiced. The first three classes will cover different defensive maneuvers and strategies. The fourth and final class will be a review of the first three classes, therefore you must have attended at least one of the previous classes.



Class Schedule:

Monday, May 15th:

Intro to Self Defense, Knees, Palms and Closed Fist Combinations

Monday, May 22nd:

Groundwork Part 1, Groin and Front Kicks, Elbows

Monday, June 12th:

Groundwork Part 2, Stomps and Handy Weapons

Monday, June 19th:

Complete Review (Prerequisite: One of the first three classes)

Expect a rigorous workout both physically and mentally. Workout clothes are strongly suggested, and please bring a workout towel and bottled water with you.

RSVP by Friday, May 12:

To ensure proper one-on-one time with the instructor, space is limited to 12 attendees per class. Unfortunately, no walk-ins allowed.

RSVP to Bruce at 818-521-2428

Cost of Class & Payment Options:

\$65 / class OR \$260 / 4 week class

Pay via credit card (3% processing fee) by calling Bruce at 818-521-2428

OR

Bring a check to Jenni in the BCA Office between 8 AM and 4 PM M-F. You must RSVP to Bruce first. Please make your checks payable to: Academy of Karate. Checks dropped off through the mail slot, without prior approval, will be returned.

Discount Opportunity

If you will be attending all four classes, pay by 4:00 PM on **5/10/17** and pay only \$149! That is a discount of \$111!

Tax Deduction Donation Opportunity

Make a \$200 fully-deductible donation to the Academy of Karate's non-profit charitable organization **"FIT KIDS FIT FAMILIES"** and as a show of their appreciation, attend the 4-week class for free! Payments must be received by **5/10/17**, either by credit card or check.

For more information, RSVP, and pay via credit card, please contact: Bruce at 818-521-2428.

