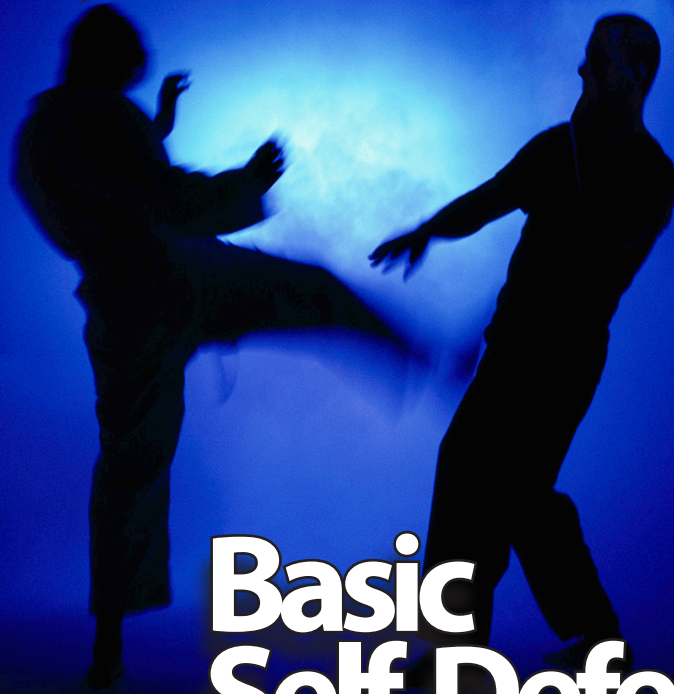




Are YOU ready?



Basic Self-Defense



Don't get caught off guard...

Basic Self-Defense Workshop

Date: 4-29-17, Saturday from 9:00am - 3:00pm (Excluding 12:00pm-1:00pm for lunch)

Class Location: Cramer Mat Room - CNCC

Instructor: Jesse McCann

Class Fee: \$25.00

This workshop will give students a basic introduction to self-defense skills which are effective against real life attacks by assailants of any size. This course will cover:

- How to identify and avoid "bad" situations or places
- Basic strikes, kicks and blocks
- Defense against an assailant with a knife
- Basic escapes from various grabs and holds

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