

# ***SELF-DEFENSE CLASSES***



This course is a 10-week course that will cover many aspects of self-defense that are usually not covered during 1-day short-term courses. The goal of this course is to give the participants some more thoughts about their personal safety and how to recognize and avoid potential issues. Participants must be at least 16 years old and is open to both men and women.

## **Weekly Schedule:**

- Wk. 1 Mindset, De-Escalation & Threat Avoidance**
- Wk. 2 Striking Techniques & Targets**
- Wk. 3 Defense Against Wrist & Arm Grabs**
- Wk. 4 Defense Against Lapel Grabs**
- Wk. 5 Defense Against Shoulder Grabs**
- Wk. 6 Bear Hugs**
- Wk. 7 Defense Against Striking Techniques**
- Wk. 8 Defense Against Chokes**
- Wk. 9 Defense From A Seated Position & Ground**
- Wk. 10 Defense Using A Weapon**



## **TAKE ACTION TO PROTECT YOURSELF!**

### **Class Time:**

**Wednesday's  
6:15pm -7pm**

### **Class Dates:**

**1/10/18  
1/17/18  
1/24/18  
1/31/18  
2/7/18  
2/15/18  
2/28/18  
2/28/18  
3/7/18  
3/14/18**

### **Class Hosted By:**

**Okinawa Karate Of Twinsburg  
[www.fisherkarate.com](http://www.fisherkarate.com)**

**&**

**Precision Defensive Solutions  
[www.ncpda.us](http://www.ncpda.us)**

**OKINAWA 沖縄空手道  
KARATE  
琉球古武術 OF TWINSBURG**



### **Classes will be taught by:**

**Brandon Fisher, 7<sup>th</sup> Degree Black Belt  
NRA Certified Instructor**

**&**

**Stephanie Fisher, 4<sup>th</sup> Degree Black Belt  
NRA Certified Instructor**

### **Class Rate:**

**\$100 per person**

### **Class Location:**

**Okinawa Karate Of Twinsburg  
1929 E. Aurora Rd.  
Twinsburg, OH 44087**