



Defensive Tactics for Women

04-01-2017

Alternating Saturdays from 1:00pm to 2:30

Defensive Tactics Basic

Self-Defense course. This is a informative physical course that empowers and conveys confidence.

Teaching everyday common basic self-defense tactics and principles.

Ok its official we will have the women self Defense class starting on April 1st and will run continuous until further notice. Class is every other Saturday. If you have taken the basic four hour Self Defense course or the certificated course then you may attend d this class. This class is a tactical defense course for women and girls. Be prepared to work. This course is also based on Kenpo basics and understanding how to use all motion found in the Kenpo Karate Novice lesson Plan..

