

Self-Defense Series

6 Week Session

Learn the fundamentals of self-defense:

- warning signs
- preventative strategies
- effective physical responses

What: Six sessions emphasizing the concepts, behaviors, and techniques for practical self-defense. The course consists of lecture, question and answers, and physical techniques with guided practice situations.

Who: Community members + Five Rings members (particularly white + blue belts).
Minimum age 10 years old w/ a parent
Minimum age 13 years old if alone

When: Saturday from 9:30 – 10:30 am, Oct. 28 – Dec. 16
(No class 11/25 + 12/9)

Where: Five Rings Jiu Jitsu - 3104 SW 87th Ave.

Cost: \$25

Note: Wear comfortable clothing
Sweatpants + t-shirt recommended

Register: Online at www.5rjj.com → News → Self-Defense Series Offered at Five Rings