



SELF DEFENSE

Classes

IN THIS SELF DEFENSE CLASS STUDENTS WILL BE TAUGHT BASIC SKILLS ON HOW TO PROTECT THEMSELVES. THESE SKILLS INCLUDE GRAPPLING TECHNIQUES, THE IMPORTANCE OF YELLING, HOW TO USE PRESSURE POINTS, AND THE FUNDAMENTALS OF SELF PROTECTION.

SESSIONS: SEPTEMBER 17 & 24

OCTOBER 15 & 22

NOVEMBER 12 & 19

AGES: 12 AND UP

DATE/TIMES: 6PM-7:30PM

PRICE: \$55/PER 2 WEEK SESSION

Pre-Registration Required

Register online @ www.crpa.net

Contact Lindsey Collett,

lcollett@cherokeega.com for more information

