

***NEW SELF DEFENSE CLASS AT PUBLIC SAFETY BUILDING***

***SHERIFF DAVID V. COLE*** - certified 6<sup>th</sup> degree Black Belt - IS OFFERING A NEW START-UP SELF DEFENSE CLASS AT THE PUBLIC SAFETY BUILDING:

***WEDNESDAYS 4:45 PM UNTIL 5:30 PM WEEKLY – STARTING September 2, 2015 - Open to the Public – ages 12 years old and up.***

Class instruction covers:

Blocks  
Stances  
Kicks  
Punches  
Strikes  
Combination techniques

Kick boxing

Defenses against various grab attacks and chokes

Defenses against weapons attacks

Defenses against multiple attackers

Falling – Front, side and back falls

Throws and Sweeps

Various other techniques

**CLASSES ARE FREE – PARTICIPANTS MUST PROVIDE MOUTH GUARD AND GROIN CUPS**

**INSTRUCTORS INCLUDE SEVERAL PARTICIPANTS THAT HAVE TAKEN THE SELF-DEFENSE COURSE FOR PAST TWO YEARS.**

