According to the National Institute of Justice, 5 out of 6 people in the United States will become victims of attempted or completed violent crimes during their lifetime. About half will be victimized twice. Are you prepared to defend yourself or your loved ones? This basic self-defense course will teach the necessary skills to survive stressful, dangerous and violent situations regardless of your age, size or previous experience. The course is a practical approach to real-life attacks and not an introduction to cultural fighting arts or combative sports. You will be instructed on the most effective and easy-to-learn methods to deter an attacker. The class is designed for women, men, responsible teenagers and experienced martial artists alike. Each class will provide new techniques and information not covered in previous classes. Past participants said, “I appreciated learning not just the techniques, but also why they are effective”, “Highly recommend this class to everyone…”, “…techniques are simple yet effective.” Decide not to be a victim now and enroll in the 3 hour Basic Self-Defense course.

**Basic Self-Defense**

**Date:** Wednesday, Sept. 30, 2015 from 5:30-8:30 PM  
**Course Number:** HEW 3301(8) registration deadline is 9-28-15 at noon.  
**Or**  
**Date:** Wednesday, October 14, 2015 from 5:30-8:30 PM  
**Course Number:** HEW 3301(9) registration deadline is 10-12-15 at noon  
**Or**  
**Date:** Wednesday, November 4, 2015 from 5:30-8:30 PM  
**Course Number:** HEW 3301(10) registration deadline is 11-2-15 at noon

**Location:** Iowa Valley Continuing Education, 3702 S Center St., Marshalltown, room 808

**Cost:** $39 per three hour class session

**Presenter:** Adaptive Combat Training

**Co-Sponsors:** Iowa Valley Continuing Education and Adaptive Combat Training

**Instructors:** Adaptive Combat Training staff has 41 years combined Martial Arts experience, 35 combined years in law enforcement, 18 years combined S.W.A.T. Team experience and 18 years of training Law Enforcement Officers in Defensive Tactics.

**Participants:** It is recommended that you wear comfortable clothing and tennis shoes with good lateral and linear support. Participants age 13-17 must be accompanied by a parent.

**IOWA VALLEY CONTINUING EDUCATION**
This course flier can be found at: https://ce.iavalley.edu/take-a-class/

You May Register and pay online at:
- https://ivce.iavalley.edu/modules/shop/index.html, then click on Health & Wellness, then the class title.
- You will be asked for the following information at the time of registration - name, address, phone number, email address, birth date, course name(s) and course number and credit card payment.
- If you do not have access to internet and an email address you can call IVCE at 641-752-4645 to register and pay with credit card.

Additional Information about Adaptive Combat Training can be found at https://www.facebook.com/AdaptiveCombatTraining

It is the policy of Iowa Valley Community College District to provide equal educational and employment opportunities without discriminating on the basis of race, religion, color, creed, marital status, national origin, age, disability, sexual orientation, gender identity, or sex, in its educational programs, activities, practices and policies.