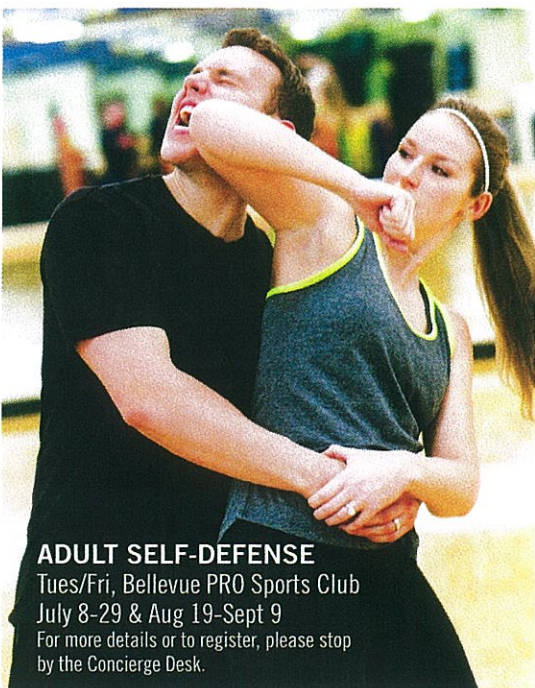


FACT ALL ABOUT SELF-DEFENSE

By Andrea Blair Cirignano, Group Fitness Supervisor



If you were attacked, would you know how to defend yourself? Knowledge is power. Gain the confidence and learn what to do in **Adult Self-Defense**. Not sure if this class is right for you? Here are some facts and myths about self-defense.

ADULT SELF-DEFENSE

Tues/Fri, Bellevue PRO Sports Club
July 8-29 & Aug 19-Sept 9
For more details or to register, please stop by the Concierge Desk.

Only people who walk down dark alleys at night are prone to attack.



This upcoming course will address how to avoid becoming the victim of a crime on the street. Although you may never find yourself walking down a dark alley alone at night, you can still benefit from learning safety strategies. Surprisingly, some of the most likely places to run into trouble are in your own neighborhood or while on vacation. You'll also learn safety tips for home and away.

You need to have martial arts experience to defend yourself in a sticky situation.



Everyone, regardless of age or gender, can benefit from knowing a few self-defense techniques. This course is appropriate for students with or without martial arts experience. In fact, a person might have extensive martial arts experience while being a novice in defensive tactics.

I'm not interested in fighting an attacker. I'd rather call for help, so self-defense isn't for me.



In this course, students will learn about staying safe, and the strategy for not being a victim of crime. This includes blocking techniques, defending oneself in a confined space and on the ground, and evasive maneuvers that could involve weapons. It will also include escape techniques to help you get out of a situation and seek assistance.

Your self-defense instructor should have experience.



Instructor Brent Hartwig not only has over 46 years of training in martial arts and three decades of experience teaching martial arts and self-defense, but he has also worked in high-risk security and also taught law enforcement defensive tactics training. He holds a world certification as an instructor in Okinawan Goju Ryu Karate and he is a sixth degree black belt in The International Okinawan Goju Ryu Karate Federation.