

# Applied Practical Self-Defense



**Tuesdays from 6:15PM – 7:15PM**

**Taught By: Mr. Schnarr**

We are pleased to offer a new program that is solely focused on self-defense.

This program is an eight week long course in applied, practical self-defense taught by Mr. Micah Schnarr, a student of the rank 1<sup>st</sup> Dan at Ahn Taekwondo with 20 years of experience in martial arts.

Applied Practical Self-Defense will cover basic blocks and breakaways, basic kicks and punches, and basic throws. The program also focuses on defense through situational awareness and proper escalation. Mr. Schnarr's goal is to empower students and help improve their confidence in their own physical security.

This program is designed for current martial artists looking for more in-depth knowledge on self-defense, as well as for people who have no martial arts experience. Because of the topics discussed in this program, students must be 15 years old or older.

Space is limited, if you are interested in signing up, please see the front desk to register. We can't wait to see you in class!

<b>May 9<sup>th</sup></b>	<b>Class 1</b>
<b>May 16<sup>th</sup></b>	<b>Class 2</b>
<b>May 23<sup>rd</sup></b>	<b>Class 3</b>
<b>May 30<sup>th</sup></b>	<b>Class 4</b>
<b>June 6<sup>th</sup></b>	<b>Class 5</b>
<b>June 13<sup>th</sup></b>	<b>Class 6</b>
<b>June 20<sup>th</sup></b>	<b>Class 7</b>
<b>June 27<sup>th</sup></b>	<b>Class 8</b>

**New Session Starts July 18<sup>th</sup>, 2023**

**Space Limited Sign-up today!**