

# Self Defense at the Ranch

Self defense and fitness is an important part in today's world. This class will help develop self confidence, security, and teach you the necessary tools for avoiding conflict in today's world. The ability to protect yourself and others from dangerous situations is priceless. Come train for free!

*The after school Self-Defense course will teach you the following :*

1. Proper form for punching and kicking
2. Defense against the most common strikes
2. How to escape the most common grabs and holds
3. Learning how to escape safely while being pinned on your back
4. Weapon defense and survival
5. Strategies to trick your attacker
6. How to avoid a violent confrontation
7. Utilizing your opponents strength and using it to your advantage

Mr. Villa has a Black Belt in 3 of these Arts

合氣道

Aikido

柔術

JiuJitsu

합기도

Hapkido

태권도

Taekwondo

3 Days a Week

Monday, Wednesday, and Friday.

3-4 p.m. ROOM 116

My goal is to make this course fun, easy to learn and a good way to exercise. Not to mention teach you how to defend yourself. Space will be limited to a certain amount of students.