

YOUTH SELF DEFENSE

This new youth program offers a 6 week introduction to self defense. The curriculum draws upon The International Combat Hapkido Federation's Youth Hapkido Program (Chung So Nyun). The class immediately assumes we are dealing with the last stage of a self defense situation, the combat stage, when you have no other option than to protect yourself with your physical skills.

Instruction will focus on some basic strikes and tactics, and will emphasize rapidly disabling the attacker to allow your escape.

- *Class size is limited to 12*
- *Age is limited to 10 -13yrs old*
- *No prior martial arts experience is necessary*
- *Relaxed non-traditional format*

WHEN

Classes will run from October 26 – December 9
Tuesday and Thursday night from 7:30pm to 8:30pm



Phil Ventrello
Licensed Instructor
2nd Degree Black Belt
Chon-Tu Kwan (Combat) Hapkido
Self Defense System

