

Riverview Recreation

Adult Self Defense

**Wednesday, August 9, 2023
Or Wednesday, October 25, 2023
Or Wednesday, December 6, 2023**

7:00-8:30 P.M.

City Hall Gym

\$20.00 per person

Jim and Shawnie Davies are experts in Martial Arts and Self Defense. They teach easy to learn techniques that require little to no strength and no knowledge of Martial Arts in a fun and safe atmosphere. Basic techniques that will increase your self-confidence and feeling of security are the focus. Men and women are both encouraged to attend as well as young adults at least 16 years of age.

Classes will include:

- Situational awareness
- How to avoid dangerous encounters
- Domestic Violence
- Weapons & Self Defense Tools
- Basic defenses to enable you to 'get away'
 - Palm Strikes
 - Hammer Punches
 - Elbow Strikes
 - Wrist Grabs
 - Hair Grabs
 - Strangulation Defense



We will also discuss how to deal with dating violence, peer pressure, and other forms of abuse.

Please register online at <https://secure.rec1.com/MI/riverview-mi/catalog>

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734-281-4219