

Riverview Recreation

Kids Self Defense

**Wednesday, February 8, 2023
Or Wednesday, March 29, 2023**

**6:00-7:00 P.M.
City Hall Gym**

\$20.00 per person

Jim and Shawnie Davies are experts in self defense and martial arts. Announcing a self defense class for boys and girls from 5 to 12 years old. Students will learn easy to use self defense techniques that require little to no strength. These techniques will help to build confidence and allow them to not be intimidated by bullies.

Jim and Shawnie will address:

- Bullying and how to address issues
- How to “stand up for yourself”
- Who can help when you are at school, church and activities
- How to de-escalate situations



Techniques:

- Wrist grabs
- Block
- Bear hugs from the front and from behind
- Strangulation holds
- Hair pulls

Don't let your kids miss this class!!!

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

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734-281-4219