

Riverview Recreation

Teen Self Defense

**Wednesday, August 16, 2023
Or Wednesday, October 11, 2023
Or Wednesday, November 22, 2023**

**6:00-7:30 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 just for teens from 13 to 18 years old. Young women and men are invited to learn easy to use self defense techniques that require little to no strength. These self defense strategies will build self confidence and allow young men and women not to be intimidated by bullies or those trying to hurt them in any way.

Jim and Shawnie will address:

- Bullying
- Sexual Assault
- Dating Violence
- Date Rape
- Red Flags
- How to diffuse a dangerous situation
- How to exit a party without being teased by others



Techniques and how to avoid:

- Block
- Shoulder grabs
- Bear hugs
- One arm strangulation
- Hair pulls from the front and behind
- Wrist grabs
- Strangulation from the front and on a wall

Question and answer session.

Don't let your teens pass up this life changing class!!!

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

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734-281-4219