



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF DEFENSE BASICS

Self Defense Class with Nick Gustafson

Self Defense is a combination of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable you to successfully escape, resist, and survive violent attacks. Self defense training can increase your options and help you prepare responses to slow down, de-escalate, or interrupt an attack. The goal of this self-defense class is to introduce you to basic moves and fundamentals for you to be able to protect yourself if the need arises.

Due to the sensitivity of the material in this class, participants must be 16 years of age and older. Athletic shoes are required and workout clothes strongly recommended.

MUST BE 16 YEARS AND OLDER

CLASS DATES: Wednesday June 5, 12, 19, & 26

TIME: 6:00pm–7:00pm

LOCATION: Wisconsin National Guard Armory (Across from the Y on 21st Street)

COST: FREE

REGISTER: Register online www.superiorymca.org or at the front desk

Min of 4, max of 12 participants

Any questions contact: Nick Gustafson 715-307-4894

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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www.superiorymca.org



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