

STAND YOUR GROUND

#FightBack

Saturday March 9th 10:00am-11:30am

Come join Mr. Brooks & Mr. Houston at our free Self-Defense Seminar where we will be Teaching our friends and neighbors, men and women how to be safe in today's society! Never be a victim. Bring a friend and let's train together to protect ourselves and our community!

What you will need is:

- Workout cloths
- Towel
- Water
- Someone to train with

What you will Learn:

- Break the freeze of fear and access your courage
- Learn Awareness
- Acquire Survival Skills
- Practice De-Escalation Strategies
- Train Tactical Hands-on Self Defense Techniques