



Friday		Saturday		Sunday
17	4:30-5:30 GIRLS SD 5:30-6:30 SD ADVANCED	18	3-4:30 SD Course Unit 1 Class 1 <i>bring a friend!</i>	MARCH
24	5:15-6:15 GIRLS SD 7:30-8:30 SD ADVANCED	25	3-4:30 SD Course Unit 1 Class 2	MARCH
31	5:15-6:15 GIRLS SD 7:30-8:30 SD ADVANCED	1	3-4:30 SD Course Unit 1 Class 3	APRIL
7	5:15-6:15 GIRLS SD 7:30-8:30 SD ADVANCED	8	3-4:30 SD Course Unit 1 Class 4	APRIL
14	5:15-6:15 GIRLS SD 7:30-8:30 SD ADVANCED	15	3-4:30 SD Course Unit 1 Class 5: Review & SD Challenge 4:30-6:00 INTRO WORKSHOP: Ground Defense	APRIL
21	5:15-6:15 GIRLS SD 7:30-8:30 SD ADVANCED	22	3-4:30 SD Course Unit 2 / Class 6 <i>bring a friend!</i>	APRIL
28	5:15-6:15 GIRLS SD 7:30-8:30 SD ADVANCED	29	3-4:30 SD Course Unit 2 / Class 7	APRIL
5	5:15-6:15 GIRLS SD 7:30-8:30 SD ADVANCED	6	3-4:30 SD Course Unit 2 / Class 8	MAY
12	5:15-6:15 GIRLS SD 7:30-8:30 SD ADVANCED	13	3-4:30 SD Course Unit 2 / Class 9	MAY

Class Schedule: March & April 2023

Self Defense (SD) Course

20 week self defense course for age 11+
Saturday's 3-4:30 pm

Advanced Self Defense (SD) Class

Advanced self defense class for age 11+
Friday's 7:30-8:30 pm

Girls Self Defense (SD) Class:

Self defense for girls 8-11
Friday's 5:15-6:15 pm

Intro Workshops

Our Intro Self Defense workshops are one week before the start of each unit.
Select Saturdays 4:30-6 pm

Self Defense Course Units:

- Unit 1: Grabs & Drags: Class 1-5
- Unit 2: Ground Attacks: Class 6-11
- Unit 3: Surprise Attacks: Class 12-15
- Unit 4: Standing Attacks: Class 16-20

Review & Self Defense Challenge Classes:

In the last class of each unit (*Class 5; 11; 15; and 20*) we review core unit techniques and do a self defense challenge.

Start in any class!

Bring a friend for free on the first day of each unit