

WORKSHOP

SELF-DEFENSE



Empower yourself...

Learn Personal Protection!

This course is designed to teach students techniques in self-defense. The student will acquire fundamental skills in stances, punches, blocks, kicks, and escape maneuvers. Emphasis on Shotokan Karate.

The focus is on simple and effective techniques. Physical drills and scenarios, both standing and on the ground, taught by 4th Degree Black Belt of Shotokan Karate of America, Hiroko Mori.

SELF-DEFENSE WORKSHOP

DAYS:

TIME:

LOCATION:

Wear comfortable clothing.

Parent consent needed for age 18 and under.

This is a
FREE class

open to all students, staff,
faculty and their family
members age 10 and older.



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

Campus Safety

(530) 242-7910