

# ADULT SELF DEFENSE CLASS

*Ages 18 and Up*



Self-defense is a real and necessary skill. Did you know that people who are confident in crisis seldom need to defend themselves? Their belief in themselves turns predators away. Join Jonathan Metcalf at *Integrity Martial Arts* to learn simple strategies to minimize risk, tactics to get you to safety quickly, the psychology behind most violence and how to avert it and the fundamentals of striking and escaping. This coed class is great for students who are or will be attending college. **Please note that mature topics will be covered in this class.** Participants should wear comfortable clothing and bring a water bottle. In addition to registering, you must complete the Integrity Martial Arts waiver at [www.KeepYouSafer.com](http://www.KeepYouSafer.com). Limit: 16.

**Date:** Thursday, July 7, 2022

**Fee:** FREE!

**Time:** 7:00 - 10:00 PM

**Location:** Integrity Martial Arts Studio, 585 Hazard Ave.

**- REGISTRATION BEGINS -**

**Residents:** Friday, May 6 at 8:30 AM

**Non-Residents:** Friday, May 13 at 8:30 AM



Enfield Recreation | 124 North Maple Street  
860.253.6420 | [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)

