

Self-Defense: Methods of Escape

This seminar will focus on self-defense methods that can aid in the escape of violent encounters. The primary instructor is a retired police officer with extensive experience in martial arts. During this class, he will share methods of defense based on the mechanics of the human skeletal system.

Program Type [Single](#)

Time 4 hours

Audience Size 8 mn - 20 max

Language English

Audience Adults

Season All Year

Topic Education

Region Statewide

Program Contact

Shawn Marando, COPKIDO

Phone [6177944523](tel:6177944523)

Email copkido@yahoo.com