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2016-2017 CHEF Co-op

Self Defense

Instructor: Stacy Mitstifer

Class Code : Self-Defense 200

Co-teacher?

Tuition : 55/semester

Length of Class (1st sem/ 2nd sem/both) both/either

Materials Fee : 0

Description:

For this class ,students will learn basic self-defense skills. Class discussions will include situational awareness, danger avoidance, safety tips and confidence building. Physical techniques will include three strikes with variations, three kicks and defense against most types of attacks (punch, grabs, hair pulling, choke & bear hugs). Students will also learn proper pad holding and partner sparring.

For

Enrollment:

12

Max:

25

Pre-Requisites:

Required Text:

N/A

Additional Materials:

Wear gym appropriate clothing.

Contact Information

Name:

Stacy Mitstifer

Email:

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