



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Blended Martial Arts Self Defense

This is a Martial Arts class that blends Karate, Kick Boxing, Filipino Martial Arts, Hardened Target Self Protection, and other self-defense based styles to create a well rounded and self-defense based program. Class will be run like a modern Martial Arts with rank requirements and testing based on knowledge and skills, where it will be different from traditional schools in that you will not be forced to attend multiple classes a week and there will be no competition requirements for advancement. Instead, we will meet once a week and students will be expected to practice what they learn during the week when it is most convenient for them. More important than advancement, our focus will be on self confidence, personal growth and of course, self-defense.

Self Defense (Ages 7+)

Thursdays | 6:45-7:45 pm

Spring Sessions

Spring I | 3/5-4/14 | \$48 Member | \$96 Community

***No class 3/26**

Spring II | 4/23-6/4 | \$56 Member | \$112 Community

Staff & Certifications

**Ken Hansen | 3rd Degree Blackbelt, Dragon Kenpo and
Certified Hardened Target Instructor**

Questions

Contact Mike Coolidge, Sports Operations Director

262.248.6211 x30 | mike.coolidge@glymca.org

Register

In Person: Front Desk

Online: GenevaLakesYMCA.org

Call: 262.248.6211 | Mobile APP

