



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF DEFENSE

BEGINNER CLASS - AGES 16 AND UP

APRIL AND MAY 2021

**LOCATED AT BLACKBURN
ATHLETIC CENTER**



Instructor: Carl Frost

Mr. Frost has trained in Martial Arts for 39 years and has been an instructor for 35 years. Carl spent the last 13 years training in Krav Maga earning his Black Belt, becoming a Certified and Lead Instructor in the Houston Texas Krav Maga Apprentice Instructor Training program. Carl has acquired extensive training, both defensive and offensive, regarding strong arm attacks, stick/club attacks, knife attacks, handgun/long gun attacks and other practical techniques and weapons that can be used in everyday life.

Dates and Times

Monday Evenings: April 19th, 26th, and May 3rd; 5:15pm-6:45pm.

OR

Wednesday Mornings: April 21st, 25th, and May 5th; 10am-11:30am.

Registration Fees

Members: \$30

Non-Members: \$35

There will be a maximum of 12 people allowed to register per session

**For more information please contact Laura Foley at
lauraf@ymcaavery.org**

We will be following all COVID safety measures. Masks REQUIRED.