

JULIE'S FITNESS STUDIO PRESENTS

SELF-DEFENSE COURSE

SERIOUS DEFENSE FOR SERIOUS ADULTS



Instructor Rob York

Sergeant with Maumee Police Department; 20 years patrol experience... Special Response Team; 19 years experience as senior operator and tactical medic ... State Certified Instructor; Defensive Tactics, Ground Fighting, Force on Force Training, Close Quarters Combat Training, and Weapons Defense Training, Critical Injury Medical Training...

United States Air Force and Ohio Air National Guard; 26 years as a Security Forces Operator... Multiple Deployments, Combat Patrols, Resource Protection Details, Personal Protection Details to include President Bush, Vice-President Quayle, General Franks (Iraq ground forces commander), General Moses, General Jumper, Donald Rumsfeld, Joint Chiefs of Staff Members and Foreign Diplomats... Air Force Trainer in Combat Life Saver, Close Quarters Combat, Tactical Team Movements, Hostage Rescue...

**Julie's Fitness Studio
6763 Providence St.**

DATES: OCT 20TH & 27TH

TIME: 10:30-12:00PM

**PRICE:
\$15 PER CLASS**

LIMITED TO 12

**CALL OR TEXT JULIE @
419-350-7426**

TO RESERVE YOUR SPOT

Things You'll Learn

Strikes, Blocks, Freeing your-self from an attacker, & Defending yourself from a ground defense position...Defending yourself from knife attacks, club attacks, gun attacks...

Understand the Psychology of attacker...Understand body dynamics and your own barriers... Reading an attacker before they attack...Disable an attacker's motivation...

Things To Expect

Hands on dynamic practical application training with brief moments of intense cardio... Techniques taught to today's Military, Special Forces Operators, Law Enforcement, and Tactical Officers...