



Self-Defense and Situational Awareness Class



Please join **Self-Defense Consultants** for a self-defense and situational awareness program hosted at **Salem County Vocational Technical High School**. Our team will orient and train you on best practices for real-world scenarios.

Joining us will be Master Michael Aliberti, Master Chuck Davis, and 3rd Degree Black Belt Dave Ahlzadeh. Our instructors have over 65 years of combined martial arts experience. This class is endorsed by SCVTS and will take a common-sense approach to self-defense. Students will learn best practices and how to defend against the most common types of attacks.

Complete your education with **self-defense** prior to moving on to the workforce or college!

Wednesday, October 10, 2018 (5:00 pm to 8:00 pm)

Salem County Vocational Technical High School Cafeteria

880 Route 45, Woodstown, NJ 08098

- Situational awareness readiness review – classroom session
- One on one interaction with our instructors on hand and grab techniques
- Group drills on basic strikes using our safe “padded” equipment
- Practicing what you learn in the context of real-world scenarios
- Learn how to avoid, escape and survive!
- Question and Answer session
- *Please wear a comfortable shirt, jogging pants and your favorite sneakers, arrive 4:45
 - *\$60 Payment due in advance by 10/3/2018, cash, check or money order mailed to:*
 - *Self-Defense Consultants, 7 Skyhook Circle, Deptford NJ 08096*