

# Boy Scout Self-Defense Course

## 2018

*Come learn about, talk about and practice ways to keep yourself safe while observing the Scout Oath, Law and Guide to Safe Scouting.*

- Focus on preventing conflict before engaging.
- Learn to De-escalate a situation.
- Practice escapes, takedown defense and strategic positioning.
- Emphasize your health and safety over harming the other person.
- Learn about martial art styles that are best suited to your continued self-defense and self-improvement practices.

**FREE**

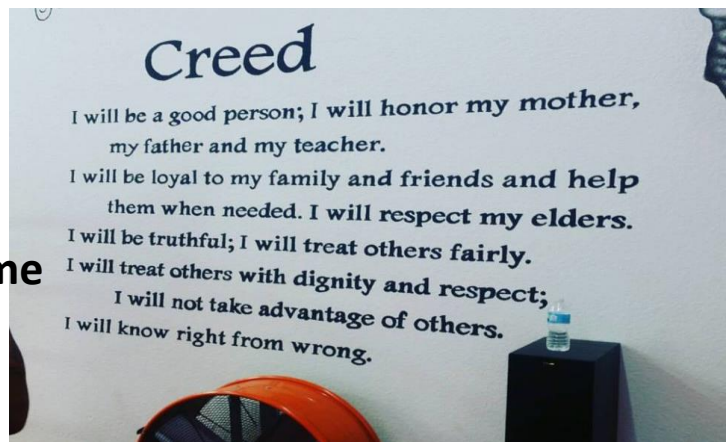
**Any experience level welcome**

**Ages 12+ (Including Adults)**

**St. Paul's Lutheran Church  
(Morton Hall)**

**701 S. Pleasant Ave.  
Lodi, CA**

**Saturday Feb. 24<sup>th</sup>  
9am-12pm**



*Legacy Muay Thai, Sacramento*

**Contact Nick Bryant for  
Details  
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Nickbryant25@yahoo.com**

