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

Coturdov Fok

Saturday Feb. 24th 9am-12pm I will be a good person; I will honor my mother, my father and my teacher.
I will be loyal to my family and friends and help them when needed. I will respect my elders.
I will be truthful; I will treat others fairly.
I will treat others with dignity and respect;
I will not take advantage of others.
I will know right from wrong.

Legacy Muay Thai, Sacramento

Creed

Contact Nick Bryant for Details Cell (209) 642-0507 Nickbryant25@yahoo.com

