

Self-Defense Course

The main goal of this course is to teach you how to effectively defend yourself in a variety of self-defense situations. Every time you come to class, we will be exploring and practicing different ways to defend yourself in order to fully understand all methods of self-defense.

Space is limited, sign up today!



Instructor

Steve Malone is an ASFA certified self-defense instructor and former Golden Glove boxer. His extensive background includes many years of Muay Thai, Krav Maga, and Brazilian Jujitsu. A natural when it comes to teaching and helping others, Steve excels in showing others how to defend themselves.

“The ability to protect yourself and others from attacks is a lifelong skill. My job is to give you those skills. The situations we will be talking about in this class are meant to prepare you and could possibly save your life.”

~Steve

Cape Cod Rehab
800 Route 28/103C Summerfield Park
Mashpee, MA 02649
Phone (508) 477-6128
Fax (508) 477-5377



Cape Cod Rehab's Self-Defense Course

“Your life, your safety!”



**Cape Cod Rehab**
Physical Therapy & Fitness

6 Week Session
Thursday Evenings
4:30-6:00pm
Beginning 10/11/12
Mashpee, MA

Schedule

Who should take this course?

Everyone should!

Why should I take this course?

Dangerous situations can happen to anyone at any moment's notice and sometimes the only thing you can do is be prepared. The skills you learn here could save your life.

What will I walk away from this course with?

The most important thing you will walk away with is the knowledge and confidence to be able to protect yourself and loved ones from a harmful situation. After you have completed this course, you will receive a certificate acknowledging that you effectively learned to defend yourself. Also, if you pre-register, you will receive a free t-shirt!



Week 1 (10/11): Avoiding Confrontation & Getting Away

During the first class you will learn different tips to avoid putting yourself in potentially harmful situations and begin to discuss what to do when you face an assailant.

Week 2 (10/18): Escapes

This class focuses on different situations of escape from both the ground and standing.

Week 3 (10/25): Strikes

Learn how to use a variety of strikes to allow you to escape harmful situations.

Week 4 (11/1): Pressure Points & Ground Attack

Learn about the pressure points you can use against an assailant. We will also discuss how to prevent and use attacks while on the ground.

Week 5 (11/8): Special Weapons & Weapon Defense

This week is about weapons including common items to aid your escape and how to stop an attacker who has a weapon.

Week 6 (11/15): Reminders & Closings

The final class concentrates on "worst case scenarios" and a wrap up of the entire course.

"Your life, your safety!"

Cost: \$129
Special rate for FitPlan members: \$99

Participant Name: _____

Address: _____

Email: _____

Phone: _____

Credit Card: (circle) MC DIS VISA Amex

Number: _____

Expiration Date: _____

Name on Card: _____

Signature: _____

Make checks payable to: Mashpee Fitness

Mail to:
Cape Cod Rehab
800 Route 28/103C Summerfield Park
Mashpee, MA 02649

**Pre-register by October 8th
and receive a free t-shirt!**

For more information,
call Steve at 508-477-6128
or email smalone@cape.com.