



# PREPARED CONFIDENT AND IN CONTROL



## Self Defense Survival Class

Learn how to protect yourself in a real-life situation. Skill progression derived from multiple martial art forms is highly effective. There is no wasted time, movement, or energy. Develop skills and confidence. The SDS class will also provide students with a great workout.

**BENEFITS:** When time is critical, you don't want to "think" about what to do.  
Learn techniques to defend yourself in virtually every life's threatening events.  
You will learn striking techniques, ground defense, choke breaks and weapon defense and disarms.  
Provides a weekly opportunity for the skills to become cat-like and instinctive.

The Self Defense Survival System is taught by Certified MMA Conditioning Coach and reality martial arts practitioner Brian Harshman. Brian has had the privilege of teaching law enforcement, security, corrections personal and individual self-defense techniques over the last several years. His martial arts background includes Aikido, Commando Krav Maga, Karate, MMA Conditioning, multiple restraint systems, boxing and kickboxing. Professionally, he draws from his nearly 5 years in juvenile corrections and his wilderness survival experience as a wilderness instructor in the mountains of Oregon and is a graduate of Idaho Peace Officers Academy of Juvenile Corrections.

**Saturdays 10:30 am – 11:30 am**  
**January 20 to February 24, 2018**  
**Aerobics Room**  
**Members: \$55**  
**Non-members: \$ 80**  
**Ages: 18 and up (men & women)**

**Class size is limited to 20 participants. Pre-registration is required.**

For questions about the class, contact the instructor:  
Brian Harshman, (574) 226-6334 Email: bharsh84@yahoo.com