Self Defense & Intervention
Course open to male and female, ages 12 and up.
Ages 12 to 16 must be accompanied by a parent or guardian.

Everyone deserves to feel safe! Learn to protect yourself and boost your confidence. Learn what to do to avoid putting yourself into a potentially dangerous situation. Learn how to steer clear of violent situations but safely guide yourself out if you do find yourself in one.

Self-defense is a set of awareness, assertiveness, and verbal confrontation skills with safety strategies and physical techniques that enable someone to successfully escape, resist, and survive violent attacks. A self-defense course provides psychological awareness and verbal skills, not just physical training.

Prepare yourself before you’re attacked. Safety is a state of mind. You must train your mind and your body. This course will provide practical safety techniques and comprehensive self-defense techniques that will empower you if you are attacked. Self-defense training can increase your options and help you prepare responses to slow down, de-escalate, or interrupt an attack. Like any tool, the more you know about it, the more informed you are to make a decision and to use it.

Self-defense training can increase your options and your preparedness. This course will offer the tools for enabling a person to connect with their own strength and power. Self-defense is more than just muscle … it’s also knowledge. Your personal safety is in your hands.

Self Defense & Intervention - NFSD1001
Dress/Attire
Workout Clothes

Course Dates and Times
April 5, 2014
Saturday
9:00am - 1:00pm
4 hours/.4 CEUs

Instructor
Keith Hidalgo

Location
Fitness Zone
2801 West Loop 306

Tuition/Fees
$25.00

Registration
You may register in person by coming to the West Texas Training Center, Room 101, or by phone calling 325-481-8322. NOTE: If a course requires pre-requisites, registration can only be done in person.