

Practical Self Defense Session Schedule Fall 2013

Hours of instruction: 21

Days/Times:

- Sunday, 3:30 pm to 5:00 pm (Practical Self Defense)
- Friday, 4:00 pm to 5:30 pm (Renegade Quest To-Shin Do Club)*

All sessions are held at Renegade Boxing Club

(Park behind the building by entering by way of Levy Avenue, turning on to Hirt Court, and taking the dirt driveway on the right to the building.)

Format:

- Cardio/skills development (45 minutes)
- Open discussion/cool down (15 minutes)
- Martial-arts based self defense (45 minutes)

Week	Date	Threat	Defensive Techniques
Week 1	September 8 th	Abduction	Earth posture, wrist grabs
Week 2	September 15 th	Abduction	Rear waist grabs
Week 3	September 22 nd	fight	Straight & hook punches
Week 4	September 29 th	Abduction	Rear arm lock/grabs
Week 5	October 6 th	fight	Chokes
Week 6	October 13 th	fight/trap	Tackles
Week 7	October 20 th	fight/trap	Ground fight defense 1
Week 8	October 27 th	trap	Ground fight defense 2
Week 9	November 3 rd	trap	Against the wall
Week 10	November 10 th	fight	Kicks
Week 11	November 17 th	Multiple	Knife attacks
Week 12	November 24 th	Multiple	Free response/graduation
Week 13	December 1 st	Thanksgiving	No class
Week 14	December 8 th	Finals week	No class (private sessions)

*Renegade Quest To-Shin Do Club is an intensive martial-arts program geared toward providing long-term instruction, including the awarding of belts to signify progression in skill and competence. The program complements the semester-long Practical Self-Defense Curriculum.

Renegade Boxing Club, 1134 Kissimmee Street, Tallahassee, FL 32310
www.renegade-boxing.com or www.defensivewarrior.com