

**Above and Beyond Community Classes, Inc. Presents:**

# **INNERFORCE: EMERGENCY SITUATIONS AND PERSONAL SAFETY**

**with Sifu Andrew and Officer and First  
Responder B. Simpson**

**Tues AND/OR Thurs 5-5:50pm via Zoom**

Would you like to better understand how to protect and advocate for yourself in difficult and sometimes scary situations? Our Self Defense instructor, Sifu Andrew Hall, will be joined by Officer and First Responder B. Simpson as they combine their unique backgrounds to empower students to explore "what would you do" in situations that might require interaction with law enforcement, first responders and crisis situations involving themselves and/or others. Students can expect to learn both verbal and light physical techniques to feel more confident and prepared for stressful situations. This class will be taught via Zoom only.

**\$360.00 for 8 Tuesdays 5-5:50pm-4/26, 5/3, 5/9, 5/17, 5/24, 5/31, 6/7, 6/14**

**AND/OR (both for \$680.00)**

**\$360.00 for 8 Thursdays 5-5:50pm- 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16**

**To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)**

**More info & instructors' bios @**

**<https://www.abcommunityclasses.org>**

**Open to the public, all are welcome!**

**Take a Class... Join a Community**

**Via Zoom or @ 150 Motor Parkway, Hauppauge, NY**