

ABOVE AND BEYOND COMMUNITY CLASSES, INC. PRESENTS:

INNERFORCE: Emergency Situations and Personal Safety

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

Thursdays 5-5:50pm via Zoom or In-Person

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 empower students to explore "what would you do" in situations that might require interaction with law enforcement and first responders. We will explore how to handle crisis situations involving ourselves and/or others and learn both verbal and light physical techniques to feel more confident and prepared for stressful situations. Please know that the Karate/Martial Arts component remains and students continue to have the option to achieve belt levels.

7 Thursdays for \$315.00

1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, (Off 2/23)

To register, email: 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