



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



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

Innerforce: Martial Arts & Personal Safety

with Sifu Andrew and Officer B. Simpson

Would you like to better understand how to protect and advocate for yourself in difficult situations? As a teacher of Martial Arts for over 30 years, Karate and Self Defense instructor, Sifu A. 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 the mental and physical skill set that comes from learning Karate. This highly interactive class 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. In this unique class, the Karate/Martial Arts fitness and movement component remains the focus and students continue to have the option to start new and/or advance in their belt levels. Learning is reinforced by connecting the skills to real-life situations.

\$360.00 for 8 Sessions:

7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Via Zoom or @ 35 West Main St, Smithtown, NY