



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AWARENESS & SELF-DEFENSE

Learn how to protect yourself against an attack. Build confidence in yourself and your ability to handle situations. Don't put the power of control in your attackers hands, put it in yours.

**INSTRUCTOR:** Sifu Travis Gibbs,  
4<sup>th</sup> degree Black Sash

**AGES:** 12 years old to adult

**REGISTRATION:** March 5 - April 19  
*Min 8 /Max 15 Participants*

**TIME:** Monday – 6 PM – 7 PM

**Course Dates:** April 22 & 29  
May 6, 13, & 20

**WHERE:** Butler-Mason YMCA Gym

**COST:** \$80

**THINGS YOU WILL LEARN:**

Self-defense posture

Hand strikes: Palm Strike, Hammer  
Fist, & Elbow Strike

Kicks: Front Kick, Roundhouse Kick,  
Knee Kicks

Learn how to get out of: Grabs Arm &  
Lapel

Hari Grabs

Choke Holds (side, front, & rear)

Floor Pins

Gun & Knife Defense



Contact Travis Gibbs  
for more information 229-221-4643  
Sifu Travis Gibbs 4th Degree Black Sash