

JH/HS Self Defense- Beginning Self Defense - an entry level defense course that requires no previous martial arts training. This course provides instruction and practice in the application of Brazilian Jiu-Jitsu/Judo and Hapkido for use in self-defense. Students are trained and prepared “to LEAD” with confidence. Students learn to respond not react to unique or stressful situations. LEAD: leadership, empowerment, awareness, and discipline.