

SELF DEFENSE I -1502460

Grade 9 – 12, Credit .50

Each cadet will be educated on real-life dangers and how to protect themselves with skills that work effectively for them. This course will cover cognitive, procedural memory, human anatomy, mental preparation, Situational Response Training, strikes, blocks, kicks, escape techniques, pressure points, fitness, and ground defense. SAFETY IS OUR #1 GOAL EVERY DAY ALL DAY! PHYSICAL CONTACT IS A MAJOR PART OF THIS CLASS.