

DYNAMIC DEFENSE

LEARN BASIC SELF-DEFENSE SKILLS FROM AN EXPERT

Wednesday, November 1 12:00-1 pm

Ivy Tech Koch Student Center



Damien Burge, owner of Velocity Fitness, will teach strikes, blocks, escapes, and other self-defense maneuvers. Active participation required. Feel free to bring a partner to practice with.



Welborn Foundation
Wellness & Fitness Center