

# KUNG FU SAN SOO CENTER

## Off to College Women's Self Defense Class

**Meets:** Saturdays from Noon to 2:30p, May 12, 19, and 26.

**Cost:** \$75/person (with discounts for family signing up together); pay at the door on first day of the class or PayPal.

**Ages:** Seventeen years old and up.

**Location:** 5610 Silverado Way, Ste. A6 (off Potter and C St.)

**Instructor:** Bruce Bibee is the primary instructor. A Kung Fu San Soo Master with over 35 years of teaching experience. He's also a Master's level counselor in private practice dealing primarily with trauma, teens, domestic violence, etc. He's also an author and workshop presenter on those topics.

**Curriculum:** The class covers the basics of self-defense, including escapes from grabs, holds, pins, and chokes. We also cover situational awareness in the first class, strategies for dealing with an attack in the second class, and the principles of non-violent conflict resolution in the final class. All of these psych-educational topics have the additional focus of preparing and/or dealing with a college campus environment.

*Serving Anchorage since 1982*

KUNG FU SAN SOO CENTER, 5610 Silverado Way, Ste. A6, Anchorage, AK 99518

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