

Refresher Course

Upon completion of any of our courses students are encouraged to attend monthly refresher courses. Self-defense is not something that can be mastered in just a few hours. One must practice the self-defense techniques as well as plan for the unexpected. Students who attend these one-hour classes will learn additional self-defense techniques not covered in the initial 2-hour course. They also have the opportunity to make suggestions of what they would like to cover in relations to specific self-defense techniques or life scenarios.

The **first refresher course is free!**

Refresher course, 1 hour, \$10.00, per person