

RIDOUT SELF-DEFENSE

Friday February 10th

6:30pm to 8pm

A unique martial art self-defense due to its ability to adapt to all situations and your learning style.

A traditional program where participants learn a series of quick release attacks as well as basic strikes, blocks and awareness of surroundings.

Taught by 3rd degree black belt and RMA head instructor Sensei Craig Ridout, this is a fun and active class giving participants the confidence and tools to stay safe.

Sensei Craig Ridout is a World Kickboxing/Karate Council Official and coach to provincial, national and world fighting champions.

Who: Open to participants 10 years and older

When: Friday February 10th **TIME:** 6:30pm to 8:00pm

Payment Accepted: Cash or personal cheque (no cheques on day of event)

Fee: \$20 (+HST)

What to wear: Comfortable clothing

\$10 Discount to RMA Students and RMA families

\$8 Discount to members of the Canadian Armed Forces, Police and Fire Department who register by January 31, 2012.

20% Discount to Students enrolled in a military, police or other civil service program registered by January 31, 2012.

Limited space is available.