



**13 years & older**

This class will cover basic punches, strikes, and kicks and how to incorporate where to use them. Defend against a grab in the front, from the behind, and other various escape moves. Practice and repetition is key for this class and different situations will be presented through out the class.

Mondays

Session I- August 6,13,and 20th

7:00 PM - 8:30 PM

BTCC Member - \$15/session

Non-Member - \$30/ session

**Bethlehem Township Community Center**

2900 Farmersville Road  
Bethlehem, PA 18020

Phone: 610-332-1505  
Fax: 610-332-1788