

# -SELF-DEFENSE-

Combat Hapkido is an extremely practical and versatile discipline of self-protection encompassing strikes, kicks, joint manipulations, pressure points, grappling and disarming techniques. The result is a very comprehensive concept based and scalable system that is enjoyable to learn and that produces effective results in realistic situations for anyone.



These classes are professionally organized and taught by Sr. Instructor Thomas Locke who has over 15 years of martial arts and defensive tactics experience. He currently holds a rank of 4<sup>th</sup> Degree Black Belt in **COMBAT HAPKIDO** and is the NW Regional Director for the ICHF.

**Tuesdays and Thursdays** from **1800-2000**  
**Main-side Fitness Center Aerobics Room**



- You may begin sessions at any time!
- Classes are **\$45** for **16 hours** of training.
- Kids and adult classes are taught concurrently, and there are opportunities for **family discounts**.
- Great for military families, retirees, LEOs, or just about anyone serious about learning self-defense no matter their age, physical ability, or experience level...

**-----THE FIRST CLASS IS FREE! -----**



## -LOCKE'S DEFENSIVE ARTS, LLC-

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