

KOH HEICHI
MARTIAL ARTS
PRESENTS:



Fitness Kickboxing (plus)
Advanced Defense
and
Street Survival

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Get Fit & Learn How to Protect Yourself!

307-532-8669

www.kohsecurity.com

Class Description: This is a **FITNESS KICKBOXING** class with a formal **ADVANCED Self Defense Component.**

You will learn **PROVEN Self Defense Tactics and Strategies** that will allow you to defend against all types of **ATTACKERS** including:

Muggers—Rapists—Street Thugs—Bullies
Boxers—MMA Fighters—Wrestlers—Karatekas
Attackers with Knives, Clubs, Firearms

You will Learn the Same Tactics that have been taught to **Law Enforcement Officers, SWAT Teams, Military, and Special Forces** such as **SEALS, RECON, Rangers** and others.

Instructor: Brent L. Anderson , Bushidokan Black Belt

This class is NOT for small Children