

Saturday Afternoon **Safety Workshops**



E-Z Self Defense for Kids

with **Greg O'Connor** 6th degree Aikido Back Belt
along with
Aikido Centers Senior Black Belt Instructors

Parents and their children (ages 5-12) will learn safe, empowering, easy-to-learn and apply ways to defend against the most typical bullying or abduction scenarios that a child might face.

- Open to the general public (Parents & Their Children Ages 5-12)
- No experience needed
- Participants should wear comfortable, appropriate clothing

To be held at

Aikido Centers-East Hanover
55 Eagle Rock Ave. East Hanover, NJ 07936

email: info@aikidocenters.com www.AikidoCenters.com

Saturday Afternoon **Safety Workshops**

July 15

Security & Law Enforcement Safety

Pins & Come-alongs

July 29

E-Z Self Defense for Women

Teens and Adults

August 12

Falling Safely at All Ages

Children, Teens, Men, Women,
Families and Senior Citizens

August 26

E-Z Self Defense for Kids

Parents and Their Kids Ages 5-12

Saturday
August 26
2017

1-2:30 pm

Participant fee: \$20

A I K I D O  C E N T E R S