Beginner Self Defense/Karate Class

This 4 week Beginners Self defense/Karate program is structured to help the beginner to solve assault problems against a larger stronger opponent who may grab you in various attack situations. The defenses taught will include choke attack, bear hug, punch attack, head lock defense and various knife and weapon attacks. Training on how to use your knees and elbows as striking parts from Muay Thai, Kicks from Tae Kwon Do, Boxing, Jiu Jitsu submission holds will all be explored and taught in this program.

Week 1 - Front Kick, Ridge Hand Strike, and Choke Defenses
Week 2 - Proper punch technique and defense against punch attack
Week 3 - Round kick, Head lock, and Bear hug defense
Week 4 - Knife defenses with Jiu Jitsu disarms and submission

All striking techniques to be applied against targets and striking bags

This class will start April 21st and continue through May 12th meeting on Thursday’s from 6-7pm at a cost of $30 for members and $35 for non members

University Health Club
1000 N. Lincoln Blvd. Oklahoma City, OK 73104 Phone: 271-1650
www.ouhsc.edu/uhc