

# Senior



# Self Defense

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**Tuesdays at 1:00 p.m.**

**February 12, 19, 26**

Cost: \$5 per class (\$15 for the series)

**\*\*scholarships available, please ask Trinh or Kay**

This program is designed to assist seniors in **personal safety, situational awareness, and self defense**. Class 1 is geared towards all physical abilities, with increasing physical requirements by Class 3. This series is designed and taught by Michael Trester, owner of Commando Krav Maga Chelsea/Kitchi Tai Kwon Do. As a law enforcement officer, Michael is well versed in tactics and teaches from the perspective from someone who has been there.

## **PRE-REGISTRATION REQUIRED:**

Please call 734-475-9242 or  
email [chelseaseniors@aol.com](mailto:chelseaseniors@aol.com)

