

NEW!

No-Nonsense SELF DEFENSE Intro Workshop



Kirk Herrig is a 5th Degree Black Belt Master Instructor, 3rd Degree Black Belt Tae Kwondo/Hapkido, Certified American Bu Kyoku Ryu, Black Sash Shaolin Kung Fu, Krav Maga and Kick Boxing Instructor.

Master Herrig has created a proven No-Nonsense Self Defense Program. In this program you will learn both non-tactile and tactile lifesaving skills including prevention techniques, how to recognize immediate danger, readiness skills, quick escapes, compact simple weapons to carry and contact combat to save your life.

Kirk has combined countless hours of research and training with police forces along with his 46 years of training in distinct styles and schools of martial arts to develop this no-nonsense, practical streetwise self-protection system. His two week introduction workshop can be easily adapted by anyone regardless of age, size or ability.

Ages: 16 and up

Code	Day	Dates	Time	M/RNR/NRNM Fee
211465-01	Thu	Nov 29 - Dec 6	10:30 - 11:30 am	\$36/\$45/\$47
211465-02	Thu	Nov 29 - Dec 6	6 - 7 pm	\$36/\$45/\$47

For more information or to register, please visit Guest Services.



FITNESS CENTER
at the Buffalo Grove Park District