

BASIC SELF-DEFENSE#8

(co-coon-do)

COCOONDO is a self-defense empowerment system designed to give you realistic survival options if and/or when you are confronted by an attacker. When these learned techniques are applied you can achieve maximum effect regardless of your size or the aggressors. COCOONDO'S techniques or options are kept as simplistic and effective as possible to reduce confusion during the heat of the moment.

COCOONDO covers topics such as:

- ◆ AWARENESS/ AVOIDANCE
- ◆ BALANCE/ MOBILITY
- ◆ MEASURE (DISTANCE)
- ◆ TIMING
- ◆ SPEED/FORCE
- ◆ WEAPONS ON THE BODY
- ◆ TARGET AREAS OF THE BODY
- ◆ SKILL DEVELOPMENT
- ◆ ATTITUDE!

This course sets the tone for ADVANCED SELF DEFENSE (weapons training).
Course duration is approximately 2-3 hours.