



Schedule:

9:30AM - Meet and Greet at Avalon Gym

Basics of Escrima

Water and snacks provided

10AM - 11AM - Patterns/Self Defense with the foam padded Escrima sticks
Sticks are provided and you may purchase them on site if you wish to take them home with you.

11AM - 11:30 - Practice with partners (SUPER FUN STUFF!)

11:30 - Noon - Lunch (BRING YOUR OWN LUNCH)

Noon - 12:30 - Basics of being on set when filming a movie

12:30 - 1PM - Your roles will be assigned (based on the script and what you want to do) and we will film a short, Starring YOU!

The short (short film) is going to be very funny, so do not worry that you have not mastered the skills yet. Once edited, you will see how Hollywood makes everyone look like they can fight.

The edited version will be uploaded to Youtube, AND sent to you, for you to upload to your own social media or just have as a keepsake.

Ending Time of event is estimated.

Padded Escrima sticks can be purchased at cost.

\$20 per pair.

If you refer two people to class, and they register, take a pair as our thank you gift!



Self Discovery Self Defense

Self defense starts in the mind.
Not from fear, but from peace.

What is Self Discovery Self Defense?

Self Discovery Self Defense is a one-of-a-kind self defense and self discovery experience that combines the principles of martial arts training with an awareness of how our minds create our reality.

