



Martial Arts Self Defense

Academic Year 2011-2012

3-Part Training Regimen

San Soo

This is an explosive (albeit practical) martial art that combines striking, small-joint manipulation, and basic throws. The idea is to properly understand how to maximize the usefulness of punches, kicks, elbow-, and knee-strikes in concert with leverages, pressure points, and sweeps. San Soo emphasizes highly technical foot work, hip and head movement, and dynamic combinations.

Grappling

We utilize a combination of Brazillian Jiu Jitsu (BJJ) and Free-Style Wrestling to develop our grappling (combat on the ground) skills. Free-Style Wrestling is extremely useful for its quick take downs, effective throws, and techniques for dominance in the mount (top position). BJJ is the ideal martial art for applying submission joint locks and chokes (which rely more on technique, physics, and fluidity of movement than brute strength) and allows its practitioners to cleverly defend themselves while on their backs.

Fitness

General fitness is extremely important when it comes to the practice of ANY martial art. Our students will engage in a variety of exercises to improve their overall conditioning in terms of strength, speed, flexibility, and endurance (cardio).



Instructor: Greg Hoffman, M.A. Education

Greg Hoffman has been teaching self defense at Learning Bee in the past three years. He has taught women's rape prevention as well as martial arts education for the LAPD-sponsored *Jeopardy* program for urban youth in Southern California.

He received both his undergraduate (English) and graduate (Education) education at UC Berkeley.

He is a 2nd degree black belt in San Soo and is currently training no-gi Brazilian Jiu Jitsu under Jake Shields—the the current top contender in the UFC's welterweight division!



Notes from Instructor:

When it comes to self-defense, realistic training and sensible technique are imperative.

At Learning Bee, we value teaching useful martial arts techniques. We convey this subject matter with the same attention to detail and passion for education as when we approach other more strictly academic classes such as writing and math.

The focus of our class is to improve general confidence and focus, develop well-rounded techniques, and train in the most realistic manner safely possible.



Class Policy:



- Students of Martial Art are expected to display their utmost respect to their instructor and fellow classmates at all time.
- Students who exercise martial art disrespectfully and inappropriately are subject to dismissal and/or suspension from attending further sessions at instructor's discretion.
- Students are expected to be on-time and wear appropriate attire to all classes per instructions by class instructor.

Course Schedule & Fee: All class sessions end by 6/8/2012

Beginning Level (starts in Feb. 2012)
Tuesday, 4:00 – 5:00 pm (Age 6-9)

Intermediate & Advanced Level:
Friday, 3:30 – 4:30 pm

Monthly Fee: \$80

20% Discount for Learning Bee students

** Pro-ration will be given in April & June due to school holidays*

39977 Mission Blvd.
Fremont, CA 94539
Tel: 510.226.8408
Email: info@4learningbee.com
Web: www.4learningbee.com

