Shore Awareness Self Defense, LLC
After School Program Outline
Email: shoreawarenessselfdefense@gmail.com
Tele: (301) 664-4189

Shore Awareness After School Self Defense program is here to help parents find a safe, instructive, and fun environment for kids immediately following the school day. The program enables students to learn self defense techniques in a relative short period of time. Through Shore Awareness training, students are taught how to recognize common threats such as bullies or adult predators. Our goal is to improve self-esteem, build confidence, respect, and discipline.

Course Description
Shore Awareness Kids Self Defense program is designed for students who wish to learn various self defense techniques, including kicking, falling, punching, ground defense, de-escalation, and other self defense techniques. Students will also foster physical fitness training, and mental discipline.

Objectives
The goal of this program is to help students improve coordination, balance, endurance, agility, flexibility, and overall fitness. Moreover, the program will guide students to learn various self defense skills, build self-confidence, self-discipline, concentration/focus, coping strategies and it will help students to keep a balance in life, and is a great method of stress.
  I.   Learn and train Shore Awareness self defense skills.
  II. Learn up-to-date knowledge and various combination techniques of self defense.
  III. Develop physical and mental health as well as overall wellness.
  IV. Develop positive personal character which will contribute to students' academic lifestyle.

Facility and Equipment
  I.   Open and safe area with self defense equipment.
  II. Students must disinfect their personal training area and equipment before and after class.
  III. Participants are required to wear breathable masks and comfortable clothing.

Instruction Methods
Lecture, demonstration, repetition, teaching aids, peer group activities. All sessions will begin with warm-up exercises, a review of previous instruction, and introduction to new techniques.
  I.   Shore Awareness Kids Self Defense ages: 5-11 yrs.
  • This age group is taught mostly through games designed to help kids develop coordination, learn how to follow directions and foster assertiveness. Through these games students are taught how to avoid confrontation and defend themselves when necessary. Shore Awareness kids' self defense sessions are openly and cautiously explained by attack

scenarios kids may encounter by a bully, classmate, or an unknown adult. Their option for every encounter is detailed explain and carefully examine when perform.

II.   Shore Awareness Teens Self Defense ages: 12-17 yrs.
   • This age group is specially designed for teens to learn how to defend themselves in the real world. The techniques are easy to learn, easy to retain, and easy to use. Teens will gain a huge confidence boost when they learn how to defend themselves. They will also increase their health and physical fitness by attending sessions regularly. These sessions are designed to have students working together.

EXAMPLE: Daily Schedule is as follows: Two days a week (Tuesday, Wednesday, Friday): _____
   • **3:50 - 4:00: Students will change and get ready for training session.**
   • **4:00 - 5:00: Shore Awareness Self Defense Class**
   • **5:00 - 5:15: Pickup**

Pricing: The price below is modified based on an agreement of facility usage.
   • The total price a **day** per student is **$15 dollars**.
   • The total price each **week** per student is **$30 dollars**.
   • The total price a **month** per student is **$120 dollars**.

Waiver: All participating students' parents/guardian must sign Shore Awareness Self Defense After School Program Waiver form and agree to the terms and conditions.

Shore Awareness looks forward to sharing a partnership with your school in efforts to shape, model and protect our students.

SIGNED:

Andre' Gibson Jr.

Andre D. Gibson Jr.
Chief Instructor & CEO
SASD, LLC