



Shore Awareness Self Defense, LLC Self Defense Group Program Outline

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Shore Awareness Self Defense Private Group Training focuses on teaching simple self-protection techniques which are catered to reality-based attack situations. Whether you are looking for a cardio workout or close quarters self-defense techniques, our instructors are eager to teach your group.

Course Description:

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

Schedule: You will coordinate with our instructors to figure out available dates and times.

Pricing: Below is a modified based on average group training starting at \$100 per session.

Sessions: 1hr 30 minutes per session

4 students per session is **\$100** (\$25 per student)

8 students per session is **\$160** (\$20 per student)

15 students per session is **\$270** (\$18 per student)

20 students per session **\$350** (\$17.50 per student)

25+ students per session is **\$375+** (\$15 per student)

Shore Awareness looks forward to training your private group.

#LetsGetToIT

SIGNED:

Andre' Gibson Jr.

Andre D. Gibson Jr.

Shore Awareness Self Defense, LLC

Chief Instructor & CEO