

Ballet with Cindee Velle Presents

A Self Defense Workshop for Women and Teenage Girls

Instructor Brian Kushner



Brian has a background of 22 years in martial arts and self defense training that includes Krav Maga, Brazilian Jiu Jitsu; Taekwondo and Hapkido. He holds a second degree black belt in Hapkido, is a certified 3 Circle Hapkido instructor and a certified TACT Self Defense instructor. Mr. Kushner is the Maryland State Director for the International Krav Maga Federation and is Senior Civilian Instructor for the IKMF. In addition to teaching regular Adult Krav Maga classes he is also certified to Women's and Kid's Krav Maga classes. His patience and passion make him the perfect Kid's Self Defense Instructor. For more information go to www.roundhousekravmaga.com.

Workshop details and registration:

Date: Friday Dec 9

Time: 5:00 to 8:00 pm

Cost: \$30 per person or family rate of \$25 per person (mother and daughter or sisters) payable to The Long Reach Community Association.

Registration: on line at www.cindeevelleballet.com under Self Defense Workshop in the fall 2016 session.

Advance registration and payment is required by December 2nd to reserve a spot.

Tuition: may be paid on line at www.cindeevelleballet.com or in person in Stonehouse at the Long Reach Village Center.

Ages: 13 through adult, no dance experience required. This is not a dance class!

Attire: Comfortable clothes to sweat in and tennis shoes.

Location: The Tamar Room, downstairs in Stonehouse at the Long Reach Village Center, 8775 Cloudleap Court, Columbia, MD 21045. (Phone 410-730-8113)

Note: Participants must enter and exit the building downstairs for this event.

For more info: Contact Cindee Velle at 410-465-7674 or cindeevelleballet@verizon.net.

Proceeds from this workshop will go towards the Competition Teams of Ballet with Cindee Velle.

Thank you for your support!