

Self Defense & Street Smarts for Women



Wednesday's: June 12, July 10, August 14

7:30 PM - 9:30 PM

Come to one class or all 3 classes!!

Cost: \$10 per class or \$25 for all 3

Instructor: Sensei Tim Heinsinger - 610-570-9036

5th Degree Black Belt
(Shotokan - Aikido-Judo)



Hanover Township Community Center
3660 Jacksonville Road, Bethlehem, PA 18017
610-317-8701
www.hanovercommunitycenter.com



Testimonial 1

My intro to martial arts via Sensei Tim's self-defense classes has been nothing short of phenomenal! We learn basic, practical techniques and why they are effective. With every class, we go a little deeper into the nuances to perfect our responses and build confidence. We deal with chokes, punches, knives, even guns! Having taken the 10-week course 4 times, it is apparent that there is so much more to learn and that Sensei Tim is the best person to teach it. His endless wealth of knowledge and experience, plus his patience and sense of humor make these classes fun and rewarding and keep me coming back for more!

Testimonial 2

It doesn't matter what your age or fitness level, as Sensei Tim provides many options and adaptations to keep the techniques effective and doable. Anyone can become a victim and anyone can learn to effectively defend themselves using precise tactics to quickly protect and get away from a perpetrator. Drills and hands-on practice are done in a non-threatening, welcoming environment by a highly-skilled instructor. Friendships are formed, laughter is abundant, self-confidence is increased, and most of all, a wealth of usable knowledge and skills are attained. I will take this class as long as it is offered. It is fantastic!