



Battle Tested Hand to Hand Combat Self-Defense Mixed Martial Arts

Battle Tested Defense Solutions offers civilians of all backgrounds (ages 14 to 65) the opportunity to train like a warrior and learn the skills necessary to defend themselves and others. The skills taught range from *Kickboxing, Judo, Budo Taijutsu, Taekwando, Karate, Krav Maga, Brazilian Ju Jitsu, and more.*

- Train like a warrior
- Begin as a novice, finish as a master.
- Multiple levels of training from beginner to advanced.
- Learn defensive skills and physical discipline.

Led by Former Infantry Marines



Lead: James Barker

Jonathan Stewart

For more detailed information,
please contact James Barker: (740) 442-9505

Level 1 of 3: Beginner Series (4 total classes)

Members: \$35 per class or \$140 for the series
Non-Members: \$45 per class or \$180 for the series

Saturdays 11:30-1:30 pm or 2-4pm (Aerobic Room) **Begins: 2/6/21**

Mondays 6:30-8:30pm (Rec Room) **Begins: 2/8/21**

Friday night Open Mat-practice skills learned with a partner 6:30-7:30pm **Begins: 2/12/21**

\$15 members
\$20 non-members

