

THE CENTER FOR ANTI-VIOLENCE EDUCATION

founded in 1974 • 327 7th Street, 2nd Floor (at the corner of 5th Avenue)

Self-Defense & Martial Arts

ADULT SELF-DEFENSE

* 5-WK SELF-DEFENSE COURSE FOR WOMEN & TRANSPeOPLE

Effective, simple physical techniques; safety & prevention discussions. Next course starts:

Tuesday, July 10th, 6:30 - 9:00 pm

4-WK LGBT SELF-DEFENSE COURSE

Develop, physical and verbal self-defense strategies and increase your sense of safety. Next course starts:

Tuesday, July 10th, 6:30 - 8:30 pm

ADULT MARTIAL ARTS

* KARATE

Challenging, supportive classes in goju-style karate, beginner's classes meet three times a week. New students start first week of each month.

Mon. 7:30-8 pm

Wed. 6-7:30 pm

Sat. 10-11:15 am

* TAI CHI CHUAN

Centering, strengthening, meditative martial art. Helps with relaxation & flexibility. New students can start any Thursday evening.

Thursdays, 6:15 - 7:30

* ADULT CONDITIONING CLASS

Open stretching, strengthening, & endurance class for both martial artists & non-martial artists.

Mondays, 6:30 - 7:30 pm

ALL WOMEN & TRANSGENDER PEOPLE WELCOME.

FREE CLASSES AVAILABLE FOR SURVIVORS OF SEXUAL ASSAULT & DOMESTIC VIOLENCE

SLIDING FEES BASED ON INCOME | FREE CHILDCARE AVAILABLE DURING CLASS

Advance registration required. Call for information (718) 788-1775

FOR TEENS

* FREE AFTER-SCHOOL PROGRAM POWER, ACTION, CHANGE FOR TEENS (PACT)

For teen women & trans-youth 14 - 19 yrs. Non-competitive afterschool classes in self-defense & goju karate.

Thursdays, 4:30 - 6:00 pm

* FREE TEEN SELF-DEFENSE

For teen women and transyouth ages 14-19, Safety & prevention information & discussions. 5-week course starts:

Wednesday, July 11th, 5:00 - 7:00 pm

* PRE-TEEN SELF-DEFENSE

For girls ages 11-13, Safety & prevention information & discussions. Sliding fee scale.

Call for next start dates.

FOR KIDS

* CHILDREN'S EMPOWERMENT PROJECT

Classes once a week for girls & boys, 6 - 12 years old. Non-competitive classes in self-defense & goju karate. Call to register. Sliding scale fee.

Wednesdays, 3:45 - 4:45 pm (Ages 9-12)

Fridays, 3:45 - 4:45 pm (Ages 6 - 8)