

# 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-WEEK SELF-DEFENSE COURSE

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

**Saturday, May 3rd, 3 - 5:30 pm**

ALL WOMEN & TRANSGENDER PEOPLE WELCOME.

## 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. 6:30-8 pm** (see *Conditioning Class*)

**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.

## FOR TEENS AND PRE-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. *Ongoing enrollment.* **Thursdays, 4:30 - 6:00 pm**

### \* FREE TEEN SELF-DEFENSE

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

**Saturday, May 3rd, 12:30-2:30**

### \* PRE-TEEN SELF-DEFENSE

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

**Call for information about upcoming classes.**

## 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. *Ongoing enrollment.*

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

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

# FREE CLASSES AVAILABLE FOR SURVIVORS OF SEXUAL ASSAULT & DOMESTIC VIOLENCE

SLIDING FEES BASED ON INCOME | FREE CHILDCARE AVAILABLE DURING CLASS

Advance registration required. Contact us for information:

[www.cae-bklyn.org](http://www.cae-bklyn.org) | [info@cae-bklyn.org](mailto:info@cae-bklyn.org) | (718)788-1775