



## Safety First Personal Protection Strategies

A Nonprofit Corporation

8307 27th Street W, University Place, WA 98466

Office: 253-238-6556

### Weekly Schedule of Classes

| TIME      | MONDAY                                    | TUESDAY                              | WEDNESDAY   | THURSDAY                                  | FRIDAY                            | SATURDAY                                |
|-----------|---|--------------------------------------|---|---|-----------------------------------|---|
| AM        |   |                                      | 10 am - 5 pm<br>School of<br>Acrobatics<br>and New<br>Circus Acts |   |                                   | <b>Special<br/>Events<br/>as Posted</b> |
| PM        | <b>Defensive Tactics Appointment Only</b> |                                      |   | <b>Defensive Tactics Appointment Only</b> |                                   | SUNDAY                                  |
| 6:00 PM   | <b>Youth Karate<br/>All Belts</b>         | <b>Open Karate<br/>All Age/Belts</b> | <b>Youth Adrenal<br/>Self Defense</b>                             | <b>Open Karate<br/>All Age/Belts</b>      | <b>Youth Karate<br/>All Belts</b> |   |
| 7-8:30 PM | <b>Teen/Adult<br/>Karate</b>              | <b>Modern Arnis!</b>                 | <b>Instructor<br/>Kata Practice</b>                               | <b>Modern Arnis!</b>                      | <b>Teen/Adult<br/>Karate</b>      |   |

|  |                              |                              |
|--|------------------------------|------------------------------|
| Isshinryu Karate Lead Instructor:        | Bill Kortenbach, 6th Dan     | Contact Phone # 253-223-6769 |
| Modern Arnis School #22 Lead Instructor: | Chris Arena, Lakas Antas Isa | Contact Phone # 253-232-5753 |
| Defensive Tactics Certified Trainer:     | Bob McCluskey                | Contact Phone # 253-678-1420 |

|  |   |   |
|--|---|---|
| We are closed on most National Holidays: | Jan 01 New Year's Day<br>May 26 Memorial Day<br>July 04 Independence<br>Sept 01 Labor Day | Oct 31 Halloween<br>Nov 27-28 Thanksgiving<br>Dec 22-31 Christmas |
|--|---|---|

#### Special Events:

Sat - Mar 15 Modern Arnis Seminar  
with Dr Remy Presas, Jr  
\*\*\* Others as announced \*\*\*

#### Courage Quests:

Sat - Jan 19  
Sat - Mar 22  
Sat - May 24

Sat - Jul 19  
Sat - Sep 20  
Sat - Nov 15

Reality-Based Self Defense  
Pre-Registration  
Required

**Special Events and/or closures as posted and may be subject to change.  
Go to <http://www.safetyfirstpps.org> for more information about our programs.**