

## Self-Defense 2 Week Program

June 2026

COBRA SELF-DEFENSE – TRINITY

This program is taught in 2 x1.5 hr. training sessions (3hrs total) over 2 weeks. Classes are Tuesdays or Thursdays from 6pm - 7:30pm. Students must commit to attend both sessions.

**Session #1** focuses on situation awareness, criminal psychology, tactical movement/escape strategies, pre-attack indicators, and effective close combat strikes and blocks.

**Session #2** focuses on applying strikes and blocks with tactical movement, escapes from common grabs/holds and scenario training to increase effectiveness of all techniques learned.

The program is designed for older teens and adults of any age (younger teens can attend with a parent and with permission from the instructor). Class size is limited to 6 attendees.

The program is taught in 2 two-week cycles. First cycle starts Tuesday 6/16/26 and the second cycle starts Thursday 6/18. Classes are taught at:

COBRA Self Defense – Trinity  
8508 Old County Rd 54  
New Port Richey, FL 34653  
Cost for all sessions \$100

Call 813-951-0779 with any questions. Sign up below. Please choose the correct code to start Tuesday 6/16/26 or Thursday 6/18/26.



Tuesday 6/16



Thursday 6/18