



FOR IMMEDIATE RELEASE

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City of Brentwood Offering Free Self-Defense Classes for Brentwood Residents

Brentwood, Missouri – August 29, 2018 – Brentwood residents have an opportunity to learn self-defense techniques during two free classes in September.

Escape and Evasion Training
Tuesday, September 18
6-8 p.m.
Brentwood Community Center

Confrontation Avoidance and Safety for Older Adults
Thursday, September 20
10:30 a.m. – 12:30 p.m.
Brentwood Community Center

The Escape and Evasion Training course provides insight into the principles of avoidance, escape and evasion. Participants will learn techniques for avoiding pending aggression by becoming aware of certain threat cues, and countering and escaping from escalating levels of physical threats.

The Confrontation Avoidance and Safety course is designed for older adults. Participants will learn about principles for avoiding violent confrontations and techniques to increase awareness of potential encounters. This course includes an optional physical component teaching a series of no impact, no stress techniques to increase balance and prepare attendees to survive an attack with minimal injury; physical exertion is minimal to participate.

Instructors for both classes are Tom Jost, security consultant and former Florissant, Missouri police officer; and Tscharna Senn, security consultant and former Gainesville, Florida police officer.

The City of Brentwood is covering the cost of these classes to offer them for free to Brentwood residents.

Register at the Brentwood Community Center (2505 S. Brentwood Blvd.) or call 314.963.8689.

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The City of Brentwood, Missouri, is a full-service community with a unique blend of quality residential neighborhoods and one of the most thriving business districts in the St. Louis metropolitan area. Located within minutes of downtown St. Louis, Brentwood is known as the “City of Warmth” because of its small-town charm and friendly atmosphere. Learn more at www.brentwoodmo.org.