



Men Only



Workout, Striking, and Effective Self Defense

Self Defense Skills for Men **Practice, Prepare, Progress**

East Coast Training Systems has been a leader in Self Defense training in CT. Since 2009, our Escape Alive® Program has taught over 160 classes and 5500 participants through out CT and other states. Our approach to self defense is based on techniques from American Filipino Kun Tao, a style born out of practical and effective training for everyday people. Our men's class focuses on fitness and body mechanics, striking, and practical/realistic self defense. Defenses against punches, grabs, chokes, weapon attacks and more are explored. Classes run in multi-week sessions on Saturday mornings. Class is open to ages 30 and over.

Location:

East Coast Training Systems
520 Watertown Ave.
Waterbury, CT

Summer 2023 Summer Classes:

Saturday Mornings- 10-11 am
June 3rd, 10th, 24th
July 8th, 22nd, 29th
August 5th, 19th, 26th

Price:

\$35 per month
\$15 per class drop in

More Info and to reserve your spot:

DSerrano@ECTS.biz