



**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

**2023 Fall Classes:**

Saturday Mornings- 10-11 am  
- September 2, 16, 23, 30- \$45/mo  
- October 14, 21, 28- \$35/mo  
- November 4, 18, 25- \$35/mo  
- December 9, 16 23- \$35/mo

**Price:**

\$35-\$45 per month  
\$15 per class drop in

**More Info and to reserve your spot:**

[DSerrano@ECTS.biz](mailto:DSerrano@ECTS.biz)