



CQMA Update

For Feb '09

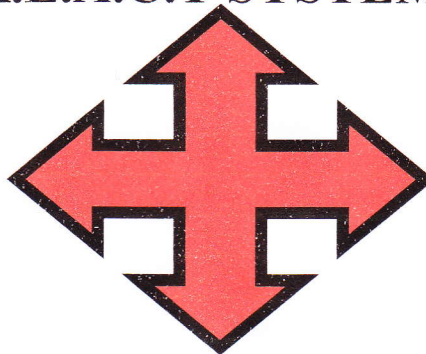


The class for **Friday, February 27, 2009** will run from **6 pm – 8 pm**. This is going to be a street clothes style seminar which means jeans and a T-shirt. It will expose you to a different style of training, something that you may not be used to. It will also give you an idea that your techniques may be more constricted depending on the type of clothing you wear.

STREET SMARTS R.E.A.C.T SYSTEM



Defence from a car



Defence in a Parking lot



Defence in a park



Defence on the street



Defence in an alleyway

Introducing the “COOPERS’ COLOURS” System

