

THE CENTER FOR ANTI-VIOLENCE EDUCATION

founded in 1974 • 327 7th Street, 2nd Floor (at the corner of 5th Avenue) in Park Slope, Brooklyn

Self-Defense & Martial Arts

ADULT SELF-DEFENSE

* **FREE 1-SESSION SELF-DEFENSE COURSE FOR LGBTQ ADULTS** Effective, simple physical techniques; safety & prevention discussions. Course meets:

Sunday, June 20, 2:00-3:30pm.

* **2-WEEK SELF-DEFENSE COURSE** Effective, simple physical techniques; safety & prevention discussions for adult women & transgender people. Next course meets:

Saturdays, May 15 & 22, 3:00-5:30pm

ADULT MARTIAL ARTS

* KARATE

Challenging, supportive classes in goju-style karate, beginners' classes meet three times a week. New students start first week of each month. For adult women & transgender people.

Tues. 6:30-8:00 pm
Thurs. 6:15-7:15 pm
Sat. 10:00-11:15 am

* TAI CHI CHUAN

Centering, strengthening, meditative martial art. Helps with relaxation & flexibility. New students can start any Thursday evening. For adult women & transgender people.

Thursdays, 7:15 - 8:45pm

FOR TEENS

* **FREE AFTER-SCHOOL PROGRAM: POWER, ACTION, CHANGE FOR TEENS (PACT)** For teen women & trans-youth 13 – 19 yrs. Non-competitive after-school classes in self-defense & goju karate.

Follows school calendar, ongoing enrollment.

Thursdays, 4:30-6:00pm

* FREE TEEN SELF-DEFENSE

For teen women and transyouth ages 13-19, Safety & prevention information & discussions. Special one-time class meets:

Call for next start dates

* PRE-TEEN SELF-DEFENSE

For girls ages 11-13. Safety and prevention information and discussions.

Call for next start dates.

FOR KIDS

* **CHILDREN'S EMPOWERMENT PROJECT (CEP)** Classes once a week for girls & boys, 6 - 12 years old. Non-competitive classes in self-defense & goju karate. Sliding scale fee, limited free spaces available.

Follows school calendar, ongoing enrollment.

Wednesdays, 3:45-4:45pm

FREE CLASSES AVAILABLE FOR SURVIVORS OF SEXUAL ASSAULT & DOMESTIC VIOLENCE

SLIDING FEES BASED ON INCOME | FREE CHILDCARE AVAILABLE DURING CLASS

Advance registration required. Contact CAE for information:

www.caeny.org | info@caeny.org | (718) 788-1775