



CONFLICT CONTINUUM: *A SELF-DEFENSE CLASS*



www.conflictcontinuum.com

When: Saturday 11 January 2020 @ 0900-1200

Who: Active Duty, Retired, Dependents and TRACEN Civilians.

Where: Gym, US Coast Guard Training Center, Yorktown, VA

Sign-up: This is required so we get a good head count. Use either the gym clipboard sign-up sheet or sign-up using the email below; we need 10 attendees as a minimum and up to 30 max attendees. Bring water bottle and wear any workout clothes.

Fee: No course fee; The Conflict Continuum Course DVD (60 min.) will be available to purchase as a training resource.

See 10 min. course promotion video:

<https://www.youtube.com/watch?v=YQAe5t2tt2Y>

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