



### Other goals for this class

- Learn how to deal with a bully
- Resist peer pressure
- Learn discipline and patience
- Exercise the mind and body
- Have fun!

### Requirements

- No fighting outside of class
- No swearing
- No put downs in class
- Being in good standing with the Community Center staff and the Bellevue Police Department

### Questions

Contact **Judi Hagen, 425.452.4874**

Crossroads Community Center

This program is sponsored by  
Bellevue Parks & Community Services  
and the Bellevue Police Department

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**Bellevue Parks &  
Community Services**



**FREE**

to all Middle School Youth  
(High School Youth welcome)  
**Crossroads Community Center**  
16000 N.E. 10th Street  
**Wednesdays, Ongoing**  
2:30–3:30p.m.

### Join Bellevue Police Officer Craig Hanaumi for a self-defense class

at Crossroads Community Center. Officer Hanaumi has 11 years of law enforcement experience and has been teaching self defense to coworkers and citizens since 2008.



### Main goals for self-defense



- Learn strategies a person of small stature can use to protect themselves
- Defend against being attacked by someone bigger, stronger, and more athletic than you
- Practice techniques that help neutralize a physical confrontation
- Learn ways to control the situation and negotiate (if applicable)

There are no punches, kicks in this curriculum. Successful techniques rely on leverage and timing. The curriculum is entirely defensive, done in response to the actions of another person. When a technique can or cannot be used will be discussed. Also included is negotiation techniques and verbal de-escalation strategies.

