



# KIDS QUICK DEFENSE

## About the Course:

Give kids the skills they need to be safe with our Kids Quick Defense course!

Kids Quick Defense, or Kids QD, is a five session course where children grades 1-5 learn to address bullying, avoid violence, and identify unsafe behaviors in other children and adults.

Kids will learn simple, effective verbal, body language, and physical skills that give children tools to use to deter violence, bullying, and other forms of conflict. Our program focuses on confident body language, assertive verbal boundaries, and non-violent strategies.

**1<sup>st</sup> to 5<sup>th</sup> Grade**

---

**Mondays**

**September 10<sup>th</sup> - October 8<sup>th</sup>**

**OR**

**Thursdays**

**February 21<sup>st</sup> - March 21<sup>st</sup>**

**2:45-3:45**

**\$35**

**At North Lake**

---

**LAKE COUNTRY  
MARTIAL ARTS**

600 Hartbrook Drive  
Hartland, WI

262-367-8785

[info@lakecountrymartialarts.com](mailto:info@lakecountrymartialarts.com)

---

Lake Country  
  
Martial Arts