

LEARN SELF-DEFENSE AT HUFF!



Reynaldo is the founder of Eligere Sports Academy and is a father of 2 beautiful kid, Reyna - 8, and Javier – 6. He is a big kid that loves teaching and coaching athletes to be the best athlete they can be mentally, physically, and technically. He was a former Australian National Taekwondo Champion and competed at a world class level including qualifications for the 2000 Olympics. He is passionate in Brazilian Jiu Jitsu for the past 10 years and also loves to compete. He got silver last year at the US Open. He currently teaches and coaches self-defense programs at numerous schools in the Mountain View District and also at Stanford University for the past 11 years.

Enroll Your Child Today at Huff's After School Self-Defense Program!

We strive to inspire and educate students the Awareness of Bullying and Stranger Danger. We teach students how to defend themselves effectively through Verbal and Physical Self-Defense.

In This Program, Your Child Will Learn The Following:

- Verbal Self-Defense - How to defend yourself through proper communication. We don't believe in violence in a bullying situation rather use our words to communicate to defend oneself. Physical self-defense is the last resort to defend oneself.
- How to listen effectively

- Values of Self-discipline, self-confidence, patience, focus, responsibility, respect, and humility
- Basic Blocking and its fundamentals
- Basic Kicking and its fundamentals
- Self-defense tactics
- Self Defense from Stranger Danger
- How to be aware and spot danger
- To Have Fun In The Process While Learning
- Physical Fitness Exercises
- Develop Flexibility
- And much more.

Start Date: Jan 7, 2019 till the End of The School Year

REGISTER TODAY at <http://eligeresportsacademy.com/after-school-self-defense-program/>

[Or at the Huff Website](#)

Call Us at 650 390 7104 for more information!