



Palestine YMCA
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Course #3
Starting Monday,
March 23, 2020
at the Palestine Y

6 Week Self-Defense Course #3

Includes Refresher Course for all past Course Students

Blending the following arts: Aikido - Brazillian Jiu-Jitsu - Boxing - Judo - Kempo Karate - Wrestling

Presented by the
DRJ Martial Way - A System of Personal Defense
 Owner/Chief Instructor: Dennis R. James - 56 Years Experience
 And Assistant Instructor: Abby Farris - 5 Years experience



Classes begin: March 23, 2020
 Days: Monday and Wednesday
 Time: 6:30 pm until 8:00 pm
 Duration: 6 consecutive weeks (12 Sessions)
 Maximum sign up: The first 20 people
 Age: 14 years old and above
 Attire: Wear something comfortable, but
 no sharp items on your person. You will be taught
 how to roll and work the mat.



Background of Mr. James

- 1964 - He started Kempo Karate lessons at the South Gate Self-Defense Club in California. Earned a Black Belt.
- 1968 - He earned the levels of 2 through 5 Black Belts at the United State Karate Association (USKA).
- 2003 - He earned a Brown Belt in Aikido at the East Texas Aikido Center in Palestine, Texas.
- 2020 - He has for the past 6 years been video training under Roy Dean Academy in Gracie Brazillian Jiu-Jitsu.
 - He continues training in many other Martial Arts, such as, but not limited to, Boxing, Wrestling, Muay Tai Boxing, Judo
 - His main ambition has been and continues to be to provide a well rounded system of martial art training for all.
 - In March 2020 he will have reached 56 years of dedicated martial art training.

A "Certificate of Proficiency" will be awarded on the last day

Meet, Greet, & Demo Day

We invite you to come and meet the instructors and some past students from previous "Y" courses. Ask questions, get to know what is self-defense all about.

Monday, March 2nd, 6:30pm to 7:30pm
 Free to the Public

Registration fee

\$ 60.00 with "Y" membership

\$ 80.00 without "Y" membership