



Coming Soon UCCI Self Defence Club

We are planning a self defence demo
using

Testimonial:

Local actor Brian Braggs said “ UCCI students you will have a blast doing a demo with Bob Daigle and the FAST Defence Team. I used them in my fight scenes in the Zombie Driftwood movie and had so much fun. Your demo will look awesome !”

“High energy music will be used” Daigle said



UCCI Students



Students will be allowed to hit full force against padded attackers

The demo will include :

- *How to verbally back away a would be attacker
- *Defence against front and rear attacks
- *Defence against an armed attacker
- *Defence while on the ground
- *Defence against multiple attackers

Contact Bob Daigle at uccisdclub@hotmail.com or call 925-6946