

Hard Target

(Anti-Bullying/Anti Abduction)

Self Protection Workshop

(students in grades 6, 7, 8, 9, 10, 11, 12)



Fridays from 3:00 to 4:00 p.m.

at the

West Hanover Recreation Center (Fire House)

628 Walnut Avenue Harrisburg, PA 17112

Contact Dixie at the West Hanover Township Parks & Recreation Department

(717) 540-6076

or dfesig@westhanover.com

\$20 per 4-week workshop

(This workshop is offered 4 times starting on April 9—April 30, 2010)

The **HARD TARGET** Program is an self protection workshop that focuses on 3 basic ideas:

Awareness and Avoidance: The student is taught to become totally aware of their surroundings.

Paying attention to every detail. It is through this awareness that the student can avoid being placed in an undesirable and dangerous situation.

Boundary Setting: Through the effective use of body language and voice, the skills attained here will help the student to diffuse a confrontation before it becomes violent

Combat: Used as a last resort the combat skills taught in this segment are simple, easy to learn and require little practice.

Sifu/Sensei Bob Cook has been dedicated to the martial arts since 1968. In that time he has studied both Japanese and Okinawan Goju-ryu, Serrada Escrima and DeKadana Arnis, Kuntao Silat, Judo and Ju-Jitsu, as well as Taijiquan and Qigong. Sifu Cook began his study of the Bow Sim Mark Taijiquan system in 1996 with Sifu Nathan Spivey. He completed a 2 year study of Zheng Gu Tuina under the tutelage of Tom Bisio and Frank Butler the founders of Zheng Gu Tuina.

He is the head of Daishizen Koken-ha Goju-ryu Tode, and the founder and president of the Daishizen Goju-ryu Renmei. Cook has developed the **HARD TARGET** program. This covers a variety of topics such as Anti-Bully/Anti-Abduction for elementary and high school students, Rape Prevention, and Defensive Tactics for Security and Law Enforcement. He also teaches a wellness program called Bao Jian Yi (health preservation skills). Cook currently conducts seminars and workshops around the country and accepts only private students.