

Arnis Balite / Kuntaw
Nevada Cancer Institute
Churchill County
Park & Recreation
June 4 - July 2, 2007

Punong Guro Steven Dowd held a 5 week Self Awareness/Self Defense classes for the Nevada Cancer Institute funded by the Lance Armstrong Foundation.

The classes were for parents with their children, consisting of the family team work. The idea of the course was to bring about awareness of one's surroundings, by the use of common sense. To avoid situations in which parents and/or their children could become a victim of assault, robbery, or physical abuse. And when an unavoidable situation happens, actions to take in defending themselves and get away.

Punong Guro Dowd; lectured on awareness of ones surroundings when out of the home and demonstrated and taught basic empty hand techniques of Arnis Balite and Kuntaw for self defense.

Families worked together in coordinating the mind and body individually and as a team against aggressors.



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