

Shaykhet Self-Defense Fitness Training Series

Is one of your New Years Resolutions to get in shape? Have you always meant to take a self defense class and just never got around to it? Now is the time to learn self defense and get in shape in 2014.

We are very happy to welcome back, Lee Shaykhet, creator of specialized methods of self defense. Mr. Shaykhet presented his program, the Core Principles of Self Defense, at ROPL this past September. He was so well received that we asked him if he would offer a three- part Self Defense and Fitness Series in the New Year. Mr. Shaykhet is very personable, knowledgeable and entertaining. You won't be sorry that you came out on a cold Monday night to attend. Audience participation is optional; be sure to wear something comfortable.

The Series will be conducted on the following **Mondays at 7:00 pm** in the Friends Auditorium:

Monday, January 27 – Core Principles of Self Defense

Monday, February 3 – Nutrition and Fitness

Monday, February 10 – Ground Defense; Knees and Elbows

Mr. Shaykhet born in Moscow, and early in his career trained members of the former Soviet Army. He has provided self defense and fitness instruction to law enforcement agencies, military organizations, and security and consulting companies all over the United States and Canada. He has also trained body guards for special events.

Traditional self defense systems are normally complicated and require lots of practice, thus too hard for everyday citizens to follow and maintain. Mr. Shaykhet's program is uncomplicated, based on natural instinct, and does not require a lot of practice. His fitness training originated from training the military; no equipment is required and it can be done anywhere, regardless of your current physical condition.

Lee will also be promoting his recently published book, *Simple Self-Defense Techniques Everyone Should Know*. For more information on Lee, go to www.shaykhettraining.com.

Registration is requested. Call the Adult Reference desk at 248-246-3727 or visit ropl.org.

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