

With Sue Henry on WILK

Written by Sensei Robert Thomas - Last Updated Thursday, 01 December 2011 01:55

{youtube}fGMMaFJotyE{/youtube}

In the above video, I had the chance to be on WILK with Sue Henry, to talk about the special event planned for Sunday, November 14, 2010. I will be performing a self-defense demonstration focusing on basic techniques and situational awareness. Assisting me will be members of the Riverside High School Senior Class, who are participating as part of their Senior Project. The Event Starts at 3:00pm, will last approximately an hour and a half, with time afterwards for questions and participation.