



PORTLAND

ACADEMY OF SELF DEFENSE

Owner: David Pritchett

Business Name: [Portland Academy of Self Defense](https://portlandselfdefense.com/)

Description: We offer Hapkido classes for men, women, and children ages 5 and up. Our Hapkido self-defense classes get our adult students in shape while giving them a secure and self-assured attitude that they'll benefit from in countless areas of their lives. Also, our children's classes will help your child achieve greater academic success, gain confidence, increase self-esteem, avoid peer pressure, and lead a fit and healthy lifestyle. As a Professional Academy, here's what you can expect when you step inside for the first time.

Our Instructors are knowledgeable, caring, and passionate about martial arts and teaching. They work their hardest every day to give our students the best possible experience they can. They truly care about their experience. They're personable and here to answer any question that you may have as well as to assist you with every challenge that arises. They'll encourage you to try your hardest and motivate you to surpass your limits. Nothing beats having a great teacher – and we have the best.

Our instructors are highly experienced and they can communicate their knowledge effectively to students of all ages and backgrounds. When you compare our instruction to other schools you'll find that we're miles ahead of the field!

You will find that all of our classes are well-supervised and conducted with safety in mind. Our class instruction includes proper warm-up exercises, and flexibility exercises as well as a significant emphasis on the correct performance of techniques. Additionally, students start training at a low level of intensity and gradually increase over time. This dramatically reduces the chances of a student being injured.

Also, we encourage our students to do two things: 1) to learn and progress at their own pace and 2) to communicate clearly and directly with their instructor if they have any questions or concerns regarding anything. All of our staff is here to help, and we will accommodate you as needed. In addition, we never push students to do something they don't feel comfortable doing or haven't been properly trained to do.

Category:

Self-Defense School, Martial Arts School

Business Address: 8745 SW Beaverton Hillsdale Hwy #C, Portland, OR 97225

Business Phone: (503) 449-6419

Website: <https://portlandselfdefense.com/>

Gmail: Portlandselfdefense@gmail.com