

Capital Aikido

Lincoln
2540 West "O" St.
Lincoln, NE 68505

Capital Aikido-Lincoln is pleased to host **Bob Poresky, Sensei**

5th Dan, Capital Aikikai-Syracuse,
Saturday, August 4, 2018

Bob Poresky is the founder of Protective Consulting Solutions, based in Syracuse, NY. <http://pcsworld.us/> He is also chief instructor at Capital Aikikai of Syracuse and a member of the Capital Aikido Federation directing committee.



Poresky Sensei has spent over 40 years teaching the principles and philosophies of martial arts. He began studying martial arts in 1974. Poresky Sensei has studied several martial disciplines and currently holds black belt ranks in aikido (5th dan), karate (7th dan), jujitsu, and iaido. He travels nationwide, working to empower individuals at home and at work, to develop awareness and to learn to protect themselves and others.

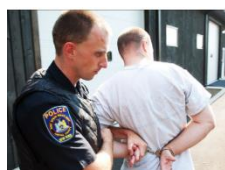
Capital Aikido-Lincoln at 2540 West "O" Street is hosting a seminar with guest instructor Bob Poresky, and has invited the public (anyone who is interested in learning to safely manage aggression, develop awareness, and generally protecting themselves and others, while not hurting anyone in the process). Bob Poresky founded Protective Consulting Solutions. Here's a quote from his website.

"PCS is an innovative training and consulting firm leading a new paradigm in the management of aggressive behavior. Our training programs are based on decades of research, practice and field experience. We focus on a broad array of customers in Emergency Services/Fire, Healthcare, Social Services / Education, Law Enforcement / Corrections, Security and Personal Self Defense.

We teach a reality based system that emphasizes the safety of the aggressor and the professional through the appropriate use of force. Our principles focus on minimal effort to achieve maximum effect with techniques that are practical, effective and easy to recall.

At PCS, we understand that aggressive behavior can have negative consequences including injuries, litigation and low morale. Our mission is to train individuals to handle aggressive behavior effectively while maintaining the safety of everyone involved."

Interested in self-defense? Need options you can use at work?
2-4 pm Saturday FREE Practical Application class! 2540 West "O"
*Potluck at 6pm



For more information, visit pcsworld.us, capitalaikidolincoln.org, or  Find us on Facebook.

Please email aicarriccampbell@gmail.com with related questions and to RSVP. Long, comfortable pants and a t-shirt are appropriate.