



Lutheran High School Northwest  
**Interim Program Description**  
April 2-5, 2024

**LUTHERAN  
NORTHWEST**

# Live Fearlessly

**Description:** Each day we will participate in activities that challenge us to live fearlessly as Christ calls us to do. Students will learn self-defense, first aid, CPR, and participate in a high ropes challenge. They will be challenged to conquer fears; build trust in God, themselves, and others; and be armed for life's challenges.

**Cost:** approx. \$125

**Leader:** Mrs. Fink Feys

## Daily Experiences

### Self-Defense

The Day 1 Basic Self-Defense course teaches students to break initial contact, disable the attacker, choke and bear hug defenses from the front and behind, in addition to basic reflexive strikes. Taught by an expert CQT self-defense instructor, students will learn practical and excellent training on how to best defend themselves.

Required materials: Waiver, comfortable clothing, socks, sneakers, water bottle, mouth guard (optional).

Location: Gym, Lutheran High School Northwest.

Date: Tuesday, April 2. Time: 8:30am-2:30pm. Pack your own lunch.

### Self-Defense: Combatives

Building on the skills learned in the Day 1 basic self-defense course, this course will teach additional defenses covering aggressive strikes, choke holds, bear hugs and pinned attacks.

Required materials: Waiver, comfortable clothing, socks, sneakers, water bottle, mouth guard (optional).

Location: Lutheran High School Northwest

Date: Wednesday, April 3. Time: 8:30am-2:30pm. Pack your own lunch.

### High Ropes Course

Our adventure today will take us to a high ropes course. We will work on overcoming obstacles, conquering fears, and learning to trust others, yourself, and God. Required materials: Waiver, sneakers, water bottle, and layered, loose-fitting clothing. Females should wear hair ties and no jewelry.

Location: Troy Gymnastics Rope Course, 1921 Northwood Dr., Troy MI 48084.

Date: Thursday, April 4. High Ropes climb time: 9:30-12:30am.\*\*\*Arrive at NW at 9am. Will be back at NW at 1pm.

### CPR Training

Do you know how to respond in emergency situations? Students will learn CPR. Student will be prepared to respond to a variety of emergencies. Students will also learn strategies for coping with anxiety and high stress situations.

Location: Lutheran High School Northwest

Friday, April 5.

