

## Buy More, Save More

\$10 off a \$50 order, \$25 off \$100, \$50 off \$150 on Cards & more.

Home > La Cañada News

### Kids learn their self-defense chops

Email Share 6 Tweet 1 Like 5 +1 0



Instructor Janet Goliger leads a self-defense workshop Sunday for children ages 8-13. The free class, organized by La Cañada's Youth Council, was designed to promote safety education by teaching self-confidence and conflict resolution, as well as verbal and physical self-defense approaches. (Courtesy of the City of La Cañada Flintridge / June 1, 2014)

#### TOPICS

- Make-A-Wish Foundation of America

June 5, 2014 | 5:45 p.m.

On Sunday afternoon, a group of about 20 children between the ages of 8 and 13 walked into a self-defense class held at the Community Center of La Cañada Flintridge. Just two hours later, they all walked out knowing how to conduct themselves in the event of a potentially dangerous situation.

A free self-defense class was offered by the La Cañada Flintridge Youth Council, a panel of nine high school student leaders who meet regularly to discuss important issues being faced by young people in the community.

According to Greg Kwolek, an administrative intern for the city who oversees the Council, the group wanted to do something to increase the confidence and self-esteem of younger students.

The class was the brainchild of Mica Bernhard, 16, a La Cañada Flintridge Youth Council member. Bernhard, a La Cañada High School sophomore, saw a need for local youth to know how to defend themselves in threatening situations.

"Kids in our city need to feel empowered to let the world know when they are in trouble," Bernhard said.

Led by Janet Goliger, a PE teacher with Glendale Unified School District who also teaches self-defense, the students who attended Sunday's class learned basic moves as well as what to say and do in difficult situations.

Become a Teacher (11 Mos)

Top 5 Outdoor Gas Grills

Best Models, Deals and Services Save Big on Outdoor Gas Grills.

Patrick's Roadhouse

"Many kids don't know to yell the word 'stranger' when being attacked, but that is what other adults respond to the most," Goliger said.

--Sara Cardine, sara.cardine@latimes.com

#### Stay Connected

Follow us on Facebook » | Sports » @ValleySun » | @ValleySunSports »

Times Community News: GlendaleNewsPress.com | BurbankLeader.com

advertisement

#### TCN North News Staff

Tweets from a list by Glendale News Press  
Breaking news and features from Burbank, Glendale, La Cañada and Pasadena

Alene Tchekmedyan @atchek 7m  
#Burbank city manager just confirmed via email decision to reinstate fired @BurbankPD police officer. Details: bit.ly/1nNsgmX

Brittany Levine @brittanylevine 10m  
"She likened those butterflies to her parents, who have provided her a life they could not...pursue themselves." [glendalenewspress.com/](http://glendalenewspress.com/)

Brittany Levine @brittanylevine 15m  
Another mixed-use apt approved for downtown Glendale. This one would cover 1.3 acres of Brand Blvd > [glendalenewspress.com/news/tn-CurbedLA](http://glendalenewspress.com/news/tn-CurbedLA)

Brittany Levine @brittanylevine 44m