



## Options Self-Defense Program

Options Self Defense Programs are taught by the Mix family, chief instructors at Enso Center.

### Jason Mix

Jason Mix began teaching as the principal instructor of Enso Center - Redmond in 1986, making Enso Center one of the longest running schools in Redmond. He is active in the martial arts community, sharing and training with students and instructors from many styles. Jason has earned the ranks of 6th Degree Black Belt in Hapkido, 6th Degree Black Belt in Tae Kwon Do, and a 2nd degree Black Belt in Aikido. He has 15+ years training in Tai Chi. Master Jason Mix has been a professional martial arts instructor for 20 years. He is the main instructor for our Hapkido, Tae Kwon Do and Tai Chi programs at the Enso Center - Redmond location. Master Jason Mix is the North American West Coast Regional Director for The World Hapkido Federation.

### Susan Mix

Susan Mix, began teaching as the principal instructor of the NE Seattle School in 1985, and is now a principal instructor at the Enso Center - Redmond location. She has two sons, Jason Mix, and Lucas Mix with her husband, Bill. She started her martial arts training with her family, and continues the tradition to this day. Susan has earned the ranks of 6th Degree Black Belt in Hapkido, 6th Degree Black Belt in Tae Kwon Do, and a 1st Degree Black Belt in Aikido. She has trained extensively in the internal arts, including Tai Chi & Chi Kung. Susan Mix recently became a news correspondent for Tae Kwon Do Times magazine.

### Bill Mix

Bill Mix, a Social Worker, has devoted his life to training and teaching the martial arts. He has specialized in teaching 'at risk' youth, and children with learning disabilities. Bill has earned the ranks of 5th Degree Black Belt in Hapkido, 4th Degree Black Belt in Tae Kwon Do, and a 1st Degree Black Belt in Aikido. His personal daily training includes Tai Chi and Chi Kung. Bill currently teaches our Saturday Hapkido classes at the Enso Center - Redmond location.

Self-defense is a complicated subject. It is both an immediate action and an art of preparation. It is physical, mental and emotional. It reaches into every part of life because good self-defense is not just the art of fending off an attacker; it is the art of being an active part of the world in which we live. It is a dynamic tool that helps us achieve goals. It is important not to be perceived as threatening or offensive as well as to know appropriate responses to harassment. Self-defense is intentionally taking control, both of yourself and of how others interact with you.

Enso Center offers seminars tailored to fit the specific concerns of individual organizations. We combine demonstrations, community resources, physical self-defense instruction, practical applications, confrontation scenarios and verbal interaction to help participants become aware that there are always options available.

Participants will:

1. Achieve an increased sense of self confidence
2. Gain knowledge of community resources
3. Learn effective physical self-defense techniques
4. Experience confrontation scenarios in a safe environment
5. Develop a personal self-defense plan

Contact:

Jason, Susan or Bill Mix at Enso Center.  
(Contact information at top of page)

Location:

Seminars can be held at our main location in Redmond, your work location, or any other suitable location that you specify.

Programs

We offer several programs tailored to your requests. An example of rates per person are as follows:

- \$20 for a 2 hour program
- \$50 for a 5 hour program
- \$100 for a 2 day program