



PRESS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: July 20, 2026
Contact: Clair Dunlap, Youth Services Librarian
360-417-8500 x7734; CDunlap@NOLS.org
Re: Free self-defense class for teens at Port Angeles Main Library, July 28

Port Angeles, WA – Teens in grades 7-12 are invited to a [free self-defense class](#) from noon to 1 p.m. on Tuesday, July 28, at the Port Angeles Main Library, 2210 S. Peabody St.

Coaches from 5th Element will lead teens through hands-on jiu-jitsu and kickboxing in this fun, supportive session. Jiu-jitsu is a ground-based martial art that uses technique, leverage and timing to control or escape larger opponents, making it highly effective for real-world self-defense without relying on strength.

Participants should wear clothes that are comfortable for movement. Pre-registration is preferred, but drop-ins are welcome. Register online at NOLS.org/events, no library card required.

About the Presenter

[5th Element BJJ/MMA](#) is a Brazilian jiu-jitsu and kickboxing gym in Port Angeles with classes for all ages.

About the Summer Reading Program

The workshop is part of the “Plant a Seed, Read” Summer Reading Program, running through Aug. 22. Sign up for the reading challenge, earn a T-shirt or tote bag, enter to win prizes and participate in free events.

For more information about the Summer Reading Program, visit [NOLS.org/srp](https://nols.org/srp), call 360-417-8500, or email Discover@NOLS.org. The Summer Reading Program is generously supported by local Friends of the Library groups.

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