

SELF DEFENSE PROGRAM

THE DEFENSIVE POSSESSION

August 5th

@ Stillman Valley High School



What to Expect?

- Learn basic self-defense skills including:
 - Increasing risk awareness
 - Assessing dangerous situations
 - Avoiding an attack
 - Disabling an attacker
 - Breaking free from an assailant
 - Situational decision making
- We encourage mothers and daughters to take this class together!!

What to Wear?

- Dress comfortable (workout wear)
- Tennis shoes
- No jewelry

What is the Cost?

- Cost for each participant is \$10.00 with checks payable to M.C.U.S.D. #223

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REGISTRATION FORM to be returned WITH PAYMENT
[A CLASS FOR FEMALES ONLY]

Name _____

Address _____

Phone Number _____

Age _____

[***Participants must be at least 11 years old]

Daily Session: located at Stillman Valley High School

9:00am-12:00pm

I hereby authorize the directors/workers of The Defensive Possession Self-Defense Program to act for me according to their judgment in any emergency requiring medical attention. I hereby submit that I am (or my child is) physically fit to participate in this program. I hereby release any instructors and the host site from all liability and any and all claims or personal injury, whether or not caused by negligence, while participating in this program.

PRINTED NAME (Parent or Guardian if under 18 years of age)

SIGNATURE (Parent or Guardian if under 18 years of age)

DATE

For Questions Contact:

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