



ANDERSON TOWNSHIP PARK DISTRICT

Self-Defense Workshops

Workshops are instructed by Kim Weber, Shotokan Karate of Anderson, 233-3656.

Wear comfortable clothing. Register in advance.

Women's Self-Defense ~ Monday, October 11, 7 pm – 9 pm

This is a personal safety clinic designed for women, ages 17 and up. This hands-on workshop will focus on ways to minimize your chances of becoming a victim and maximize your chances of surviving an attack. Prevention and awareness topics will be discussed, and self-defense techniques will be explained and practiced.

High School Girls Self-Defense ~ Monday, October 25, 7 pm – 9 pm

This class focuses on personal protection and self defense for high school girls. As girls gain more independence, knowing how to protect themselves is an important issue.

Jr. High Self-Defense, Grades 6 – 8 ~ Saturday, October 9, 10 am – 11:30 am

This program is teaches teens two aspects of personal safety: awareness and protection. Awareness will increase an individual's safety and minimize the risk associated with being a targeted victim. Physical self-defense will also be explained and practiced.

Kid Super Self-Defense, ages 5-10 ~ Saturday, September 18, 10 am – 11:30 am

This class encourages children to recognize their "super powers" to get away from unsafe situations. In addition, kids will learn other personal safety skills including awareness and self-defense techniques. Parents are invited to return early and be a part of the class.

Self Defense Workshops ~ Fall 2010

Participant's Name _____ Birthdate ___/___/___ Gender ___ Grade ___
 Parent's Name (if applicable) _____ Phone (h) _____ (c) _____
 Address _____ City _____ State _____ Zip _____ Email _____
 Medical Concerns: allergies, conditions, medications _____
 Emergency Contact Name (different from above) _____ Phone _____

Date:	<input type="checkbox"/> Kid Super Self Defense	Sat, September 25	10:00-11:30am
	<input type="checkbox"/> Jr High Grades 6-8 Self Defense	Sat, October 9	10:00-11:30am
	<input type="checkbox"/> Women's Self Defense	Mon, October 11	7:00-9:00pm
	<input type="checkbox"/> High School Girls Self Defense	Mon, October 25	7:00-9:00pm

Price: \$20 Anderson Resident \$25 Non-Resident **Total Due: \$** _____

Visa ___ MasterCard ___ Card # _____ 3 Digit Security Code (Located on BACK of Card): _____
 Expiration Date _____ Name on card _____

Make checks payable & return to: Anderson Township Park District, Beech Acres RecPlex • 6915 Beechmont Ave • Cincinnati, OH 45230
 Registrations accepted on a first come, first served basis and are subject to the completion of payment and *Release of Liability & Authorization*. The ATPD may cancel or alter programs pending registration numbers.

RELEASE of LIABILITY & AUTHORIZATION: I hereby release the Anderson Township Park District (ATPD) and Beech Acres Parenting Center and their respective Boards, employees, agents and instructors from all responsibility in the event of accident or injury. I also authorize the ATPD to publish any pictures or video taken during the program for which I've registered, and to use my e-mail address to send me ATPD information.

Parent/Adult Participant Name _____ Signature _____ Date _____

-----For Office Use Only-----
 Date ___ Time ___ Rec'd By ___ Total Paid \$ ___ Cash ___ CC ___ Check # ___ Ck Name _____ Deposit By ___