



PlayItSafe

DEFENSE STRATEGIES FOR WOMEN & CHILDREN



Stranger Awareness and Avoidance



**As Seen on
Dr. Phil!**

**Channel 10,
Fox 6, and
Channel 8
News**

Date: Saturday, April 17, 2010

Time: 12:00-2:00 OR 2:30-4:30p.m.

Location: A.K. Martial Arts & Fitness,
3295 Business Park Drive, Suite C,
Vista, CA 92081
off of Palomar Airport Rd. near Carlsbad
Call Tracie at 619-723-0036 for more info.

To register call 760-828-7165
www.akkarate.com

COST: \$20.00 per student

Includes "Awareness" certificate, Scouts and Adventure Guides earn a patch.

This 2 hour course is designed to teach children through role-play and repetitive hands-on training the importance of awareness and setting appropriate boundaries. Students practice their techniques against a "mock" bully and a "mock" stranger in age-appropriate play scenarios. This class provides powerful skills to teach children to recognize inappropriate behavior and to trust their instincts when someone or something doesn't feel right. Fun, age-appropriate and empowering!!!! Students will also receive valuable reference materials to take home and earn their "Awareness" Certificate. *Kindergarten through 5th grades recommended.*

Bully Self-Defense



Registration and Waiver form- Must accompany your Child-April 17, 2010

Refunds for cancellations will be given if notified two weeks before the clinic, but will not be available after that time.

If student has an existing medical condition which may be questioned in the student performing martial art activities PLAY IT SAFE & AK Karate will require a medical statement from your doctor before student participates in classes. By student or their parents signing this application, they acknowledge he or she (student) is in good health and may perform martial arts activities. Student, or their parents, acknowledges the existence of the potential for personal injury in participating in a course of instruction in an activity such as self-defense training and/or Karate, and that he/she is assuming this risk without liability to PLAY IT SAFE, AK Karate and, or its instructors, by executing this agreement and participating in said course of instruction. Also, I hereby release PLAY IT SAFE & AK Karate, their instructors and assistants of any liability from criminal and/or civil liability should the above student violate state law regarding the use of force.

Students name: _____ Parents Signature: _____

Date: _____ PHONE NUMBER _____ E-MAIL _____

www.PlayitSafeDefense.com