

# WOMEN'S SELF-DEFENSE REGISTRATION

Please complete the registration below for American Freestyle TaeKwonDo - Women's Self-Defense:

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ C/S/Zip \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency # \_\_\_\_\_

## COURSE HIGHLIGHTS



**Classes are structured to be easy to follow and participation is encouraged!**

Wear comfortable gym clothes.  
Class will be in bare feet.

**No prior Martial Arts or Defense experience necessary!**



### TRAINING

Hands on training: Learn about escaping various types of attacks, grabs and holds. Experience real situations in a safe environment.

### EXPERIENCE

You will learn several methods to find what works for most situations from experienced instructors with a variety of backgrounds.

### TECHNIQUE

Simple course structure helps you learn effective techniques to use immediately and keep you and your family safe from an attack.

### PAYMENT RECORD *Office Use:*

Session Amount \_\_\_\_\_

Discount/Coupon Applied \_\_\_\_\_

\*Limit only 1 discount per registration

Balance Due \_\_\_\_\_

Cash or Check # \_\_\_\_\_

Date Received \_\_\_\_\_

### RISK ASSUMPTION

This property is privately owned. We reserve the right to refuse service to anyone. We will not be responsible for accidents, injury, loss of money or valuables of any kind. The signer is responsible for payment of any damages to property, facilities or furnishings caused by him/herself and/or any member of his/her party.

I agree to the above and will comply with all rules and regulations. I expressly agree to accept and assume all of the presumed and incidental risks existing in any activities in which I and my family participate. I recognize that our participation is purely voluntary in these activities which include, but are not limited to: punching, kicks, grabs, takedowns, throws, falls, holds, chokes, or any other physical activity. By signing below, I hereby voluntarily release, forever discharge, and agree to defend, indemnify and hold harmless American Freestyle TaeKwonDo; known here as the martial arts Club; Movement on Main Studio; YMCA; its agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on behalf of the CLUB from any and all claims, demands, or causes of action, which are in any way associated with me, my family and/or guests participation in any of the activities available, or used outside of the class, or me, my family and/or guests use of martial arts/self defense equipment or facilities, including any such claims which allege negligent acts or omissions of the CLUB and/or its employees or agents.

SIGNATURE: \_\_\_\_\_

### PHOTOGRAPHS AND OTHER LIKENESSES CONSENT AND RELEASE FOR USE OF

The CLUB desires the right to use photographs and other likenesses of participants depicting the use and enjoyment of activities to promote the club and activities, and for other commercial purposes. The undersigned hereby consents to the use and releases to the Club the rights to use of photographs and/or likenesses of the undersigned and, if applicable, the minor children of the undersigned (on behalf of those minor children). The consent and release covers and includes without limitation to rights to use the likenesses in any form, with or without alteration, in promotional, news reporting, and commercial materials related to the Club and in the sole discretion of the representatives. The uses may include, but are not limited to, calendars, newsletters, posters, websites, brochures, and advertisements. For the purposes of this release, Club includes American Freestyle TaeKwonDo, and is not limited to Movement on Main, and YMCA, and all officers, directors, employees, photographers, advertising consultants, and other contractors and persons working on their behalf.

INITIAL: \_\_\_\_\_

# WOMEN'S SELF-DEFENSE COURSE

**DON'T BE THE VICTIM!**

Session starts Tuesday - April 2nd

**4 WEEK SESSIONS**

FOR ONLY \$30



**Tuesdays**  
**6:00 - 7:00 pm**  
Movement on Main Studio



### WHAT YOU'LL LEARN:

- ⊗ What are my natural weapons?
- ⊗ Where are the best targets?
- ⊗ What should I do in case of an attack?
- ⊗ How do I strike properly?
- ⊗ How do I stay focused in this situation?

**BRING A FRIEND & SAVE**  
If you AND a friend pre-register and pay before registration deadline then you BOTH receive \$5 off registration fees!  
\*Applies to first sessions only

**MORE INFO:** 740-607-2803  
[facebook.com/AmericanFreestyleTaeKwonDo](https://www.facebook.com/AmericanFreestyleTaeKwonDo)

Classes Held At

**MOVEMENT ON MAIN**  
*center for dance*

**531 Main St - Zanesville**