



POINT LOMA HIGH SCHOOL

Presents

Play It Safe

SELF-DEFENSE Strategies for Women & Teens
As Seen on "Channel 8 KFMB" News and "Channel 6 FOX" News

F.B.I statistics show that 75% of women are attacked in their lifetime; 83% are under the age of 25 years and 85% of the time they know their attacker! **Play It Safe**, will be conducting a basic women's self-defense class for Point Loma High School. We believe that all women should know how to use self-defense as a life skill. **This Class covers:** the "Four A's" of self-defense, Awareness training, preparing yourself mentally to resist an attack, verbal defense, your body's adrenal response mode, how to encounter a frontal attack, an attack from behind, ground defense, and much more! This class will make a difference in your life and it's fun!

When: Thursday, March 22, 2007
Location: The Dance Room
Cost: \$15 (Make checks payable to *Play It Safe*)
Time: 2:30 p.m. - 5:00 p.m.
Dress: wear comfortable clothing

Registration Form and Payment MUST be signed, completed and returned to P.L.H.S. Financial office prior to class

For more information visit: www.playitsafedefense.com or contact Tracie Arlington at 619-723-0036 or traciearlington@yahoo.com

PLAY IT SAFE Defense Workshop - Registration Form and Waiver Form-P.L.H.S.

Name: _____ Age if under 18: _____

Email address: _____ Phone number: _____

If student has an existing medical condition which may be questioned in the student performing martial art activities, USA Freestyle Karate and PLAY IT SAFE 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 USA Freestyle Karate and PLAY IT SAFE or its instructors, by executing this agreement and participating in said course of instruction. Also, I hereby release USA Freestyle Karate and PLAY IT SAFE, 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.

Refunds for cancellations will be given if notified 2 days before the clinic, but will not be available after that time.

Student's Name _____

Parent's Signature _____ Date _____

