



Women's SELF-DEFENSE SEMINAR

WHERE: Okinawan Shorin-ryu Karate-do
3340 Curry Ford Rd., Orlando, 32806

WHEN: **Saturday, February 18th**

TIME: 10:00 – 12:00

COST: \$15.00/PERSON (second family member - \$10)

AGES 12 years and up

SENSEI (TEACHER): GEOFF GAUDOIN

(call Trish Gaudoin with any questions – 407-421-6264)

SEMINAR AGENDA:

1. AWARENESS
2. TARGET AREAS
3. WRIST LOCKS
4. THROWS
5. FLOOR DEFENSE TACTICS

THIS CLASS WILL BE CONDUCTED IN A SAFE ENVIRONMENT.
SIGN UP NOW FOR THIS SEMINAR, SPACE IS LIMITED.
WEAR COMFORTABLE CLOTHING (ie: shorts and t-shirt).

WAIVER

I the undersigned, do hereby waive all rights to any claims, causes, or action against the OKINAWAN SHORIN-RYU KARATE-DO, 3340 Curry Ford Rd, Orlando, FL. I have been advised and understand the possibility of injury from participating in the seminar and, therefore, assume the risk of injury to myself or my minor dependent.

I specifically agree that I will only use the training and information I receive during the course of this instruction for self-defense purposes.

Name of student (print) _____

Signature _____

(Parent signature for students under 18 years old)

Date _____

Phone number: _____

Email address: _____