

Women's Self Defense Workshop



Presented by Twin Dragon Kung Fu Academy, Inc.

Saturday, October 10th 2015

1:00-3:00 pm

- When: Saturday, October 10th
1:00pm – 3:00pm
- Where:
Twin Dragon Academy
151 Old County Rd, San Carlos
- Participants must be 15 yrs +
Training will focus on Ladies
Self Defense.
- Pre-registration highly
recommended
- Spaces are limited
- Registration Fees:
\$25/individual OR
\$40/team of 2

Grandmaster Sijo John Oliva will provide students with a practical application of Self Protection and Self Defense techniques. The workshop will cover streetwise precaution, awareness, and how to utilize your environment and common everyday items to help you better escape or defend yourself.

Materials provided.

Wear athletic comfortable clothes.

Please complete one registration per attendee:

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

EMAIL: _____

ARE YOU PART OF A TEAM? Y / N Who is your partner? _____

Please return the form to : Twin Dragon Kung Fu Academy, inc.
151 Old County Rd Suite D
San Carlos, CA 94070

You can also email your registration form to: SenseiRita@gmail.com

Questions? Call the school at 650-591-1127

www.twindragonacademy.com

SELF DEFENSE WAIVER AND RELEASE

(All attendees must have a completed waiver to participate)

Date: _____

I, _____, the undersigned participant, hereby waive any right, and release and hold harmless the instructors of Twin Dragon Kung Fu Academy, inc. from any and all injury or damage to myself, to others or to property that may result from the use of the provided techniques or materials. I understand that it is my responsibility to learn the proper techniques for my own safety and that neither the instructors from Twin Dragon Kung Fu Academy, inc. guarantee proper application or use nor accept any responsibility for any improper application or use of materials taught either at the time of class or at any time in the future. I am fully aware of the risk and danger involved in such activities and that unanticipated and unexpected danger may arise during such activities and I assume all risk of injury to my person and property that may be sustained in connection with the activities in and about the premises. I represent and certify that I am of lawful age and legally competent to sign the release and hold harmless agreement: that I have read and fully understand this release; that I fully understand that the terms herein, and that I have signed this document as my own free act.

Signature of Participant

Signature of Parent/Guardian
If participant is under 17 or younger

EMERGENCY CONTACT INFO:

Name _____ Phone _____