

PARKING LOT SELF DEFENSE/AWARENESS

Hudsonville Community Education and Martial Arts Instructor Shane Johnson are offering a Parking Lot Self Defense/Awareness class for **adults (participants as young as 14 are welcome to attend but please be aware that the topics of rape and assault will be discussed.)** This class is for anyone who would like to be able to protect themselves, should the need arise.

A note from the instructor: Before I tell you what is in store for you, I want to say "Welcome!" Welcome to the truth about self defense. The time we will spend together will include some brutally honest facts about self defense and what you can do to truly defend yourself. During this time it will be informative and fun. We will talk about situations, weapons, and self defense. You will learn when and how to use it. When you come to class, be prepared for facts, fun and honesty.

- Please wear workout clothes, tennis shoes, and bring the shoes you wear to work every day.

It was our goal to make this class as accessible as possible. We hope you can find a class that suits your schedule.

Each class meets three times, for two hours. Choose one location. \$20 for three session class.

Location	Dates	Times	Room
Bauer El.	November 14, 16, 21	4:00 p.m. - 6:00 p.m.	Gymnasium
High School	November 15, 17, 22	3:00 p.m. - 5:00 p.m.	Cafeteria
Georgetown El.	December 5, 7, 14	6:00 p.m. - 8:00 p.m.	Gymnasium
Jamestown El.	January 10, 12, 17	4:00 p.m. - 6:00 p.m.	Gymnasium

You may register **online** by visiting www.hudsonvillepublicschools.org, or you can mail or drop form off at Hudsonville Community Education.

2011 Parking Lot Self Defense/Awareness for Adults

Name _____ Location: _____

Address _____ City _____ Zip _____

Phone: _____ Cell Phone: _____

Email: _____

Please return form and fee payable to:

Hudsonville Community Education
3886 Van Buren
Hudsonville, MI 49426

Waiver: I realize that by signing this form, I will not hold Hudsonville Community Education, or any of its employees associated with this program responsible for any injuries that might occur in the above program. I realize that by participation in this program there is a certain degree of risk, and injuries might occur.

Signature (parent signature if under the age of 18) _____