



# Centerline Martial Arts

## Women's Safety & Self-Defense Seminar

Saturday June 25<sup>th</sup>

Noon-3

\$45

*Women Ages 14 and up*

*Promoting a balanced, healthy lifestyle through the practice of the Martial Arts.*

The Centerline Women's Self Defense Seminar is a hands-on course designed to give women the mindset and techniques needed to deal with violent situations.

This **3 hour** seminar is designed to be fun and informative while providing a safe, controlled environment for women to learn (or refresh) *self defense and awareness* techniques that are practical and effective.

### Seminar Instructors:

**Mr. Mike Glencross**  
4<sup>th</sup> Degree Expert Black Belt

**Mr. Dale Hutcherson**  
4<sup>th</sup> Degree Expert Black Belt

**Mr. Chad Rhynard**  
1<sup>st</sup> Degree Black Belt

**Mrs. Erin Mason**  
1<sup>st</sup> Degree Black Belt

### CenterlineMartialArts.com for more details



Learn practical and effective **self defense** techniques.



Learn how to **avoid becoming** a **victim**.



Increase your **confidence** and **survivor mindset**.

CenterlineMartialArts.com

27 W. Poplar  
Walla Walla, WA. 99362  
386-4TKD (4853)  
info@CenterlineMartialArts.com



**Space is limited. Please register early.**

# Women's Self Defense Seminar

## Registration Application

Name \_\_\_\_\_

Parents or Guardians Names \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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

Date of Birth \_\_\_\_\_ Occupation \_\_\_\_\_

Gender M/F \_\_\_\_\_

Previous self-defense training? Y/N \_\_\_\_\_ How long ago? \_\_\_\_\_

### Emergency Information:

Contact, in case of an emergency: \_\_\_\_\_

Relation \_\_\_\_\_ Phone \_\_\_\_\_

Medical concerns or training limitations: \_\_\_\_\_

\_\_\_\_\_

### **Release of liability**

I sincerely pledge to obey all club rules and regulations, which are set for the purpose of keeping order of this club and for the protection of students from injuries. I recognize that a risk is involved in my training that requires my adherence to these rules and the Instructors discipline. I promise to release Centerline Martial Arts & Fitness and its Instructors from all injuries that I may receive during my practicing and training as a member of this program. I promise to use my learned skills only for self-defense and to be an asset to my community.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_

(If under 18 years of age)

### **Please make payment to Centerline Martial Arts**

\$45 per lady  
\$40 each additional family member



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