



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

Seminar Instructors:

Mr. Mike Glencross
3rd Degree Black Belt

Mr. Dale Hutcherson
3rd Degree Black Belt

Mrs. Barb Newby
1st Degree Black Belt

Mr. Chad Rhynard
1st Degree Black Belt

Mrs. Erin Mason
1st Degree Black Belt

CenterlineMartialArts.com

26 East Main
Walla Walla, WA. 99362
386-4TKD (4853)
info@CenterlineMartialArts.com

Centerline Martial Arts

Women's Self-Defense Seminar

Saturday May 22nd

9 – Noon

\$45

Women Ages 14 and up

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.

CenterlineMartialArts.com for more details

We are downtown, next-door to Starbucks (upstairs), at 26 East Main



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



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



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

Space is limited. Please register early.

Women's Self Defense Seminar

Registration Application

Name _____

Parents or Guardians Names _____

Address _____ City _____

State _____ Zip _____

Home Phone _____ E-mail _____

Date of Birth _____ Occupation _____

Gender M/F _____ Previous Martial arts training? Y/N _____

If Yes, What style? _____ How long? _____

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 the best of my knowledge and confidence to release Centerline Martial Arts & Fitness and its Instructors from all responsibilities and all claims for 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. I/We, attest to this agreement without duress.

Student Signature _____ Date _____

Parent or Guardian Signature _____

(If under 18 years of age)

Please make payment to Centerline Martial Arts

\$45 per woman



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