

Great for all ages!

# Intro. To Self-Defense for Women



**Self-Confidence • Safety**  
**Learn New Skills**

Learn effective, hands-on self-defense for females. Participants will learn basic self-defense awareness strategies and techniques and experience scenario training.

Take charge of your safety!

**Workshop Info:**  
Teens & above

**Tuesday, July 16, 2019**

**6:15 - 7:15 pm**

Limit of 15.

Membership is not required.

Inquire about group/private self-defense lessons!

**Chris Fazio** is a certified martial arts instructor through Y.M.A.A. since 1992. Combining his 30 years of passion for martial arts with his love of teaching, he looks forward to introducing you to this realistic self-defense program.



[www.YangsAndover.com](http://www.YangsAndover.com)

**Questions? Call and ask for Alex or Diana.**  
**5 Dundee Park ~ Andover, MA ~ 978.475.2020**

**Pre-register to secure your spot!**



**Tues. July 16, 6:15 p**

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
 Email: \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Are there any health/medical concerns we should be aware of? \_\_\_\_\_  
 Do you have any martial arts experience (not required)? \_\_\_\_\_  
 What are your goals for taking this course? \_\_\_\_\_  
 How did you find out about this course? \_\_\_\_\_

**REFUND POLICY:**  
NON-REFUNDABLE  
5 days prior to workshop.  
ANY REFUNDS ARE  
SUBJECT TO A 10%  
PROCESSING FEE.

<b>Pre-Register</b>	<input type="checkbox"/> \$ 20
Additional participants same household	<input type="checkbox"/> \$ 10
Day of Space permitting	<input type="checkbox"/> \$ 30

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Fitness Center & Martial Arts (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice. I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

**Wear comfortable clothing, clean sneakers. Uniform not required. Remove jewelry please.**

Participant Signature (Parent/Guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_

Date rec'd \_\_\_\_/\_\_\_\_/\_\_\_\_ \$ \_\_\_\_\_ via \_\_\_\_\_ taken by \_\_\_\_\_