

# LADIES SELF DEFENSE

An introduction to various self defense techniques that can help you in many situations ranging from saying "no" to a dance to defending yourself on the street. Dress in something loose and comfortable as you will be practising all the techniques.

Teens welcome!



**Sunday, April 11, 2010**  
**1:00 - 4:00 P.M.**  
**DESA SCHOOL OF KARATE**

**\$63.00** INCLUDES GST NON MEMBERS

**\$42.00** INCLUDES GST MEMBERS

GROUP RATES AVAILABLE

PLEASE MAKE CHEQUE PAYABLE TO MEM KARATE.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE (home) \_\_\_\_\_ (work) \_\_\_\_\_

Previous self defense training Yes \_\_\_\_ No \_\_\_\_

Please make cheques payable to: M.E.M. Karate.

Amount Enclosed \$ \_\_\_\_\_

## Waiver

I acknowledge that karate, related martial arts and self defense are full body contact activities and as a consequence, there is a risk of physical injury while participating. I further acknowledge having read this Liability Release carefully and confirm that I understand its terms and agree to be bound by it. In consideration of M.E.M. Karate Ltd. accepting this application, I, the undersigned, for myself, my heirs, executors, administrators and assigns release M.E.M. Karate Ltd., its servants agents directors, and employee from any claims, demands, damages, person or property while attending at or participating in a karate, self defence, martial art or related activity notwithstanding any such loss, injury or damage may have arisen by reason of the negligence of M.E.M. Karate Ltd., its servants, agents, or employees. Without limiting the generality of the foregoing, I further release any recourses which may now or hereafter have resulting from any decision of M.E.M. Karate Ltd.

Student or Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Witness: \_\_\_\_\_