

Common Sense

Self-Defense

Discover a new way to take care of yourself! This self-defense course is designed to give you the fundamental skills for defending yourself in violent situations. We will demonstrate and apply the use of awareness, talking, posture, movement, and common objects to deflect attacks and diffuse dangerous situations.

2 Classes to choose from:

September 21 or November 9

Both classes run 7 - 8:45 p.m.

Open to ages 11 & up.

Cost for each class is \$15.

Held at the Fretterd Community Center.



Self Defense

Class Choice:

September 21 November 9

Name _____

Address _____

Phone _____

Cell _____

Email _____

Birthdate _____

M F

Method of payment

Visa AMEX

Discover MasterCard

Cash Check made payable to:
Caroline County Commissioners

Credit Card # _____

Exp. date Verif. code

Signature _____



Caroline County
Recreation and Parks
Bringing the Community Together

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