

# SELF DEFENSE CLASS

TAKE A STAND

**When:** Saturday, April 29th 2017 (suggested for 10 –ADULTS)

Participants under 13 must be accompanied by an adult

**Where:** Faith Lutheran church, 37635 Dequindre Rd., Troy

**Cost:** \$10.00 PER CLASS OR \$15.00 FOR BOTH

## LEARN HOW TO PROTECT YOURSELF.

Preparing people to avoid and face physical violence,  
transforming them from victims to survivors.

QUESTIONS? Contact Nicole DiMercurio [alivenhim1@gmail.com](mailto:alivenhim1@gmail.com) or 248-867-6770  
Or Cathy Rowan [catrowan69@gmail.com](mailto:catrowan69@gmail.com) or 586-214-5741



[WWW.ONELIGHTDEFENSE.COM](http://WWW.ONELIGHTDEFENSE.COM)

FROM ILLINOIS

100% OF THE MONEY  
GOES TO  
PROCLAIM 13

**ONE LIGHT SELF DEFENSE DONATES  
100% OF IT'S PROFITS.** All Proceeds  
will go to Reclaim 13, a Chicago based  
organization devoted to ending the  
sexual exploitation of children through  
prevention and housing rescued girls to  
restore and promote healing.

**[www.reclaim13.org](http://www.reclaim13.org)**

**PLEASE CONSIDER AN ADDITIONAL  
DONATION WITH YOUR REGISTRATION**

## TWO CLASSES OFFERED: BASIC AND ADVANCED

- How to stay safe and avoid offenses. Safety awareness.
- Introduction to human trafficking with basic terminology (good idea to discuss possible vocabulary with younger children if unfamiliar).
- Learn how to be aware of your surroundings and social situations.
- Avoidance tactics, striking techniques, self defense techniques
- Simple and advanced techniques to release and run from attacks.
- Class will be adapted to meet the needs of those attending.

### SCHEDULE

9:00-11:30	Basic Training and Teaching/Refresher class
11:30-12:15	Lunch-Bring your own or visit a local vender close by
12:15-2:30	*Advance(This will be more physically challenging)
TAKE ACTION	<b>EVERYONE IS A POTENTIAL VICTIM.</b>

\*MUST TAKE OR HAVE TAKEN THE BASIC TO TAKE ADVANCE

Adult or Parent's Name \_\_\_\_\_

Please Contact Cathy Rowan if there is a financial burden  
that would prevent you or your child from attending.

Email \_\_\_\_\_ Phone \_\_\_\_\_

Names of those attending: (Children 13 and older can attend by themselves. Parents are encouraged to attend with children)  
Add additional names on back

\_\_\_\_\_ AGE(if child) \_\_\_\_\_ Basic/Morning class \_\_\_\_\_ Advanced Afternoon class \_\_\_\_\_

\_\_\_\_\_ AGE(if child) \_\_\_\_\_ Basic/Morning class \_\_\_\_\_ Advanced Afternoon class \_\_\_\_\_

\_\_\_\_\_ AGE(if child) \_\_\_\_\_ Basic/Morning class \_\_\_\_\_ Advanced Afternoon class \_\_\_\_\_

**Registration and fees are due April 17th. Please make checks out to Reclaim 13**  
**Mail to: Cathy Rowan, 2605 Mellowood Dr. Sterling Heights, MI 48310. Remember to include your signed**  
**waiver or bring with you on APRIL 29TH. SPACE IS LIMITED.**