



**ONE REMAINING 2016 CLASS
KIDS' SAFETY & SELF-DEFENSE TRAINING
BOYS & GIRLS AGES 5-12**

We will learn:

How to stop bullies.

When to call 911 and practice talking to the 911 operator.

Recognizing "bad guy" tricks.

What to do if abduction is attempted.

How to escape different grabs and holds.

This kid safety program helps build children's confidence while teaching them how to recognize and respond in potentially dangerous situations.

Location: Sangrock Black Belt World Wesley Chapel
5937 Weddington Road, Wesley Chapel, NC 28104

(Note: the school is located behind the McDonalds at the Shops at Wesley Chapel Shopping Center. Some GPS's will direct you a couple blocks before or after the shopping center.)

Cost: \$20 for the first child in the family & \$10 for each additional child.

Date: Sunday December 18, 2016 from 1pm to 3pm.

Taught by: Master Patrick O'Donnell and Master Lynn Gorski.

Please make checks out to Monica Singh. The Parental Consent Form is attached. Mail the form along with the check to: Lynn Gorski, 12443 Maytell Court, Charlotte, NC 28277.

Parents are welcome to stay and observe. Feel free to share this opportunity with family and friends.

Please e-mail Lynn with questions at SelfDefense@sprynet.com.