

# Self Defense Level 1

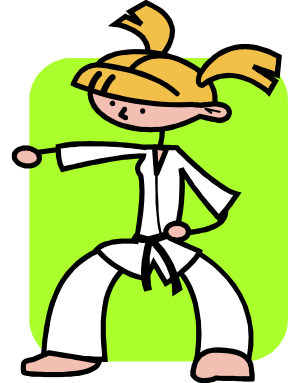
Starting Tuesday, March 6 at 6:30 pm

**Attire:** T-shirt and seat pants (no shorts)

**Level 1:** A confidence builder & intro to pressure points.

**Level 2:** Chokes, Holds, Pin Downs, Joint Manipulation.

**Level 3:** Weapons & Advanced Self Defense



**7 Weeks for \$70**

**No Belt Testing Required ♦ Just Performance**

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**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Medical Concerns:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

In consideration for my attendance and participation in the martial arts training offered by Lago Vista ATA Black Belt Academy, I, student/parent acknowledge the existence of certain inherent risks in this type of training and hereby agree to assume all risk. I further relieve Lago Vista ATA Black Belt Academy, its management, assigned staff, and fellow students from any liability resulting from loss, whether personal belongings or bodily injury. I also hereby state that I, or my child, is physically fit to take the prescribed course of instruction and do so of my own free will in exchange for an agreed-upon fee. I understand there is no refund on any monies I pay Lago Vista ATA Black Belt Academy.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Paid:** \_\_\_\_\_ **Date:** \_\_\_\_\_