

# Be Prepared For Anything

## Self Defense Class

St. John Lutheran Church  
700 Heritage Road | Luxemburg, WI

**Learn the basic skills necessary to protect yourself.  
Class taught by Kim's Tae Kwon do Center – Green Bay.**

- Learn how to be Street Smart.
- How to be aware of your surroundings.
- How to deal with strangers, bullies.
- How to talk, walk or run away from a bad situation.
- How to defend against attackers.
- How to use simple Tae Kwon Do Techniques for Self-Defense.
- How to use your hands and feet to defend and attack.
- How to strike targets.
- How to get out of grabs, chokes, etc.

**Saturday, April 6, 2019  
10:30 a.m. – 12:00 p.m.  
St. John Lutheran Church  
700 Heritage Road | Luxemburg, WI**

\$5 per person ages 12 and up / Payable to St. John Lutheran Church  
Ages 12-16 must be accompanied by a participating parent / guardian. Waiver form must be filled out and returned along with registration form  
Registration is limited – Reserve your spot by March 31, 2019.



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**2019 OFFICIAL REGISTRATION FORM**

PARTICIPANT'S NAME \_\_\_\_\_

GENDER (CIRCLE ONE) M or F      BIRTHDATE \_\_\_\_/\_\_\_\_/\_\_\_\_      AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

PARTICIPANT SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE IF YOUNGER THAN 18 \_\_\_\_\_

Return registration form, class payment and attached indemnification agreement to:

**St. John Lutheran Church  
Self Defense Class  
700 Heritage Road  
Luxemburg, WI 54217**