

Middle School Fight Like a Girl

Every year in our country, almost 400,000 women are raped and/or abused. If you are a woman/girl, you are at risk. This self-defense session will reduce that risk, and it will enable you to be prepared, trained, and aware of what to do in an attack. Dr. Carney, a black belt in Gojuru and Kempo Karate, has done much research on self-defense and will be leading this session with his pupils to provide an effective, fun, and empowering session for girls of all ages. This session will give women the power to take control of their circumstances and teach them what to do and say in times of crisis.

Dates: July 9-10th

Time: 5:30 p.m. Friday-8:00 a.m. Saturday

Cost: \$12 (covers t-shirt, pizza, and breakfast)

Meet in the Attic to begin this fun-filled night.

We will be hosting the self-defense session in the Gym,
with a sleepover in The Attic to follow for girls who have completed 6th-8th grade!

Bring your favorite snacks and drinks to share!

Money and registration reserves your spot. Sign up by Tuesday, June 29th.

Please complete and return this portion with payment to the church office. Please keep the top portion for your information.

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Registration Form

For girls who have completed 6th – 8th Grade

I understand that a serious topic will be discussed; therefore I permit my daughter

_____ to attend the sleepover and self-defense session on July 9-10th
(Please print daughter's name)

T-shirt Size: S M L XL

(Signature)

(Date)

(Emergency Contact Person)

(Phone Number)