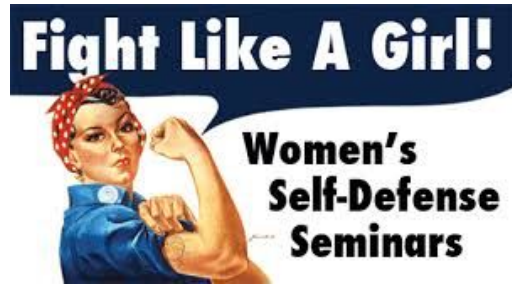


Self-Defense For Women

Presented by Chief Bill Bolt



FOR: Women ages 17 and up
WHEN: May 6, 2017
TIME: 8am-4pm
COST: Free
WHERE: Minneota Public Schools - Wrestling Room
Class Size: Maximum of 10

**Females under the age of 17 must receive permission from Chief Bolt

Class Description:

This class focuses on confidence building, attitude, victim and perpetrator psychology, anatomy, legal issues, risk assessment, and situational awareness. This is a low-impact class but there will be hands-on, real-world experience. I train to your individual level and help you determine what will work and not work for you.

All registration forms due by April 28!

For more information, please contact Jeremy Frie at: jeremy.frie@minneotaschools.org or Chief Bill Bolt at: minneotapolicedepartment@outlook.com

Registration

(Please e-mail the following information to Jeremy Frie or Bill Bolt)

Name, E-mail, Cell #, Any medical issues