



SELF- DEFENSE

In partnership with THE WORKSHOP & Littlefork CERC

FACILITOR: THE WORKSHOP/ Kari
DATES: Sundays | September 15th, September 22nd
September 29th & October 6th
TIME: 2pm-4pm
LOCATION: Littlefork Elementary Gym
AGES: WOMEN/LADIES (AGE 9+)

TEAM REACH CODE:
Group Code: LFSD2024
Use this app and enter this code to stay connected on all information and updates regarding this event!

Registration Fee:
\$50
Checks are payable to:
Littlefork CERC

This event is in partnership with THE WORKSHOP (Kari) and CERC to bring women (mothers, daughters, ladies) together for an afternoon of basic stand-up self-defense class. Come with a buddy as you'll be paired up to learn the different skills and techniques of self-defense.

ONLY open to ladies ages 9 and older.

No refunds.

Additional Notes:

1. Prepayment IS required, please make checks payable to Littlefork CERC prior to attending class.
2. Waivers will be at the first class and completed with Kari/THE WORKSHOP owner.
3. Dress appropriately (leggings/shorts, t-shirt)
4. Hair needs to be pulled back.

SELF-DEFENSE REGISTRATION FORM-ADULT FORM

Name: _____

Mailing Address: _____

Email: _____ Phone: _____

Emergency Contact & Phone Number: _____

Do you have any medical/allergies? _____

PICTURE CONSENT:

I, understand and hereby give permission for my child to participate in any photos related to this event. I understand that event/activity programs will use pictures for, but not limited to social media, newspaper, and/or advertisement.

I have read and consent to the above paragraph regarding my child.

Participant's Signature: _____

Participant's Signature: _____ Date: _____

PLEASE REGISTER BY FRIDAY, SEPTEMBER 6TH

Payment must be included with the registration form.



SELF- DEFENSE

In partnership with THE WORKSHOP & Littlefork CERC

FACILITOR: THE WORKSHOP/ Kari

DATES: Sundays | September 15th, September 22nd
September 29th & October 6th

TIME: 2pm-4pm

LOCATION: Littlefork Elementary Gym

AGES: WOMEN/LADIES (AGE 9+)

TEAM REACH CODE:

Group Code: LFSD2024

Use this app and enter this code to stay connected on all information and updates regarding this event!

Registration Fee:

\$50

Checks are payable to:
Littlefork CERC

This event is in partnership with THE WORKSHOP (Kari) and CERC to bring women (mothers, daughters, ladies) together for an afternoon of basic stand-up self-defense class. Come with a buddy as you'll be paired up to learn the different skills and techniques of self-defense.

ONLY open to ladies ages 9 and older.

No refunds.

Additional Notes:

5. Prepayment IS required, please make checks payable to Littlefork CERC prior to attending class.
6. Waivers will be at the first class and completed with Kari/THE WORKSHOP owner.
7. Dress appropriately (leggings/shorts, t-shirt)
8. Hair needs to be pulled back.

SELF-DEFENSE REGISTRATION FORM-CHILD FORM

Child Name: _____ **Age:** _____ **Grade:** _____

Mailing Address: _____

Parent/Guardian: _____

Email: _____ **Phone:** _____

Emergency Contact & Phone Number: _____

Does your child have any medical/allergies? _____

PICTURE CONSENT:

I, understand and hereby give permission for my child to participate in any photos related to this event. I understand that event/activity programs will use pictures for, but not limited to social media, newspaper, and/or advertisement.

I have read and consent to the above paragraph regarding my child.

Participant's Signature: _____

Parent/Guardian Signature: _____ Date: _____

PLEASE REGISTER BY FRIDAY, SEPTEMBER 6TH

Payment must be included with the registration form.

Any questions please contact Tiffany Dobbs, CERC Director at cerc@littleforkmn.gov |218-278-4422