

SELF DEFENSE CLINIC

Class of 2021 is hosting a self defense clinic

THURSDAY, DECEMBER 8th 6:00 to 7:30

Location: Allen Park Middle School Gym

Open to all 5th thru 8th grade students

Featuring:

- Awareness and prevention
- Grab and hold escapes
- Defense against bullies and various types of attacks
- Standing and ground techniques
- Techniques from Jeet Kune Do system (developed by Bruce Lee)
- Taught by a police trainer

Cost is \$15 (Cash or check payable to Allen Park Middle School)

To register, please fill out the form below and send to APMS office or pay at the door.

FOR ANY QUESTIONS, PLEASE CONTACT BILLI CLAIR AT 313-467-7067.

NAME: _____

GRADE: _____

PARENT NAME: _____

PARENT PHONE: _____