

Spontaneous Knife Defense



Basic Certification Course*

FRIDAY MAY 30, 2008 (7pm - 9pm) &
SATURDAY MAY 31, 2008 (9am -noon & 1pm - 4pm)

North Bay Indian Friendship Centre
980 Cassells Street, North Bay

Cost: **\$50**

for more information, please contact **Stephen Zajac** at:
(705)**478-9287** • info@tsunamimartialarts.com

* The objective of this course is "to provide participants with a reasonable, spontaneous reaction to a sudden and unexpected 'edged-weapon' attack". The course covers the following topics:

Knife attack dynamics
Combat breathing
Stress effects

Self-protection and the minimization of damage
Defensive response, stunning, takedown, disarm and control
Legal issues

Written course material will be provided and a certificate will be issued upon successful completion.

Early registration is preferred to ensure that there are enough workbooks and training blades for all participants. Short sleeved garments (tshirt) are recommended. This is a **training** seminar - be prepared to sweat.

REGISTRATION

Date: ___ / ___ /2008

Name: _____ Date of Birth: _____

Address: _____

Phone: (H) _____ (W) _____ (email) _____

Dojo and Belt Level (if applicable): _____

Waiver

I, _____ hereby acknowledge that I am aware that the training and/or activity I have voluntarily agreed to undertake inherently involves risk of personal injury. In consideration of such training, I acknowledge that I assume the risk of such injuries and therefore agree to save harmless and waive all liabilities against Tsunami Martial Arts, its directors, employees, agents and assigns, The North Bay Indian Friendship Centre (NBIFC), its directors, employees, agents and assigns, and against fellow participants in the event of accidental injury, personal loss or death. I agree to abide by all rules and regulations set forth by Tsunami Martial Arts and/or NBIFC and/or their agents with the full understanding that unacceptable conduct will result in immediate expulsion with no monies returned. Determination of such conduct and sanction are at the sole discretion of Tsunami Martial Arts and/or NBIFC and/or their agents. I have fully read and understand this waiver.

Signature (Legal Guardian if less than 18 years old)