



Saturday, March 7th - 11 am to 1 pm

Mercy High School - 1501 S 48th St - Omaha, Ne 68106

Online registration required: <https://takedefense.org/classes/>

Register by 3/4/20

Mercy's National Honor Society is proud to sponsor

T.A.K.E. Defense Training

A \$15.00 per person donation is *appreciated* but not required to participate. We encourage students, parents, friends, teachers, staff and siblings to participate in the self-defense clinic. This clinic is appropriate for ages 12 and up.

We've all been there; in a situation that makes you feel just a little bit uneasy. Sometimes it's walking to your front door at night — darkness can play some scary tricks on you. Other times it's in bright daylight, when that stranger walking toward you gives you an unwarranted stare that throws your sense of comfort a little out of whack.

Well, "About Us" is really about you. It's all about your education, safety and peace of mind; things that every young girl and woman should have and hold dearly. T.A.K.E. Defense Training provides girls and women of all ages with unique reality-based, hands-on self-defense training. Such training provides safety awareness that everyone needs and deserves.

Your T.A.K.E. training, an integral element in the comprehensive safety awareness program, will take place in a two-hour session held at Mercy High School. When you attend the class, you'll receive priceless awareness education and practical application of the skills demonstrated and learned in the session. We will also cover internet safety, community safety, home safety, safe travel and much more. It's our goal to give you the advantage if you're ever in a situation that makes you question your safety.

So whether you're in search of that advantage to feel in control of everyday situations, or you want to make sure a bad experience is never repeated, take part in T.A.K.E Defense Training. Power: You have it in you.

T.A.K.E. Defense Training is one of the nation's premier programs that provides safety education and hands on skills for girls and women to equip them with personal self-defense skills and to make this training available to all who desire regardless of physical or financial limitations. This Self- Defense Training provides a high-quality, appropriate, reality-based self-defense training to girls and women at low or no cost.

Please print and fill out the waiver below in order to bring to class. Anyone under the age of 18 will need a parent/guardian signature. If you register more than one person with the same email only one confirmation will be sent. Thank you.



JOHNSON COUNTY PARK AND RECREATION DISTRICT
T.A.K.E. Defense Training

WAIVER STATEMENT: "The undersigned states that he/she understands that The Johnson County Park and Recreation District and The Ali Kemp Educational Foundation is not and shall not be responsible for or liable for any illness, or injury to person or damage to property resulting from the program in which the undersigned is enrolling or being enrolled or from his/her participating in said program, and the participant and the undersigned, if the participant is a minor or under other legal disability, hereby forever releases and holds harmless the said Johnson County Park and Recreation District, it's employees, agents and representatives from any and all claims of any kind that the participant, or the undersigned or their respective heirs, executors, administrators, or assigns may have or claim to have resulting from participation in said program.

NOTICE: By enrolling in this program you hereby acknowledge the Johnson County Park and Recreation District can and may photograph and/or video tape program participants and then use such images, without payment or any other consideration, for purposes of publicizing District parks, facilities, programs or services, or for any other lawful purpose."

PARTICIPANT NAME (PLEASE PRINT)	SIGNATURE	DATE
_____	_____ <small>(Participant signature or Parent signature required if under 18 yrs. of age)</small>	_____
PARENT / GUARDIAN NAME: (PLEASE PRINT)	Class Date:	_____
_____	Class Location:	_____



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