

# FIGHT LIKE A GIRL



## *Self Defense Workshop for CADETTES, SENIORS & AMBASSADORS*

*\$20 (patch included)*

Saturday, Nov. 11, 2017 from 2:00-4:00pm

CdA Kenpo Katate  
245 W Bosanko  
Coeur d'Alene, ID



This hands-on, physically active workshop will introduce you to techniques to defend yourself in many situations. Wear loose fitting clothes, such as sweat pants & a loose T-shirt, and bring a water bottle.

Meet the instructors: Jason and Colleen Johnston, previous owners of Coeur d'Alene Kenpo Karate for nearly 15 years. Mr. Johnston is currently a 4th Degree Black Belt in American Kenpo Karate. He has approximately 23 years of experience as a martial arts instructor. He has taught numerous self-defense seminars to kids, women, and men. Mrs. Johnston is also a 4th Degree Black Belt in American Kenpo Karate. She has approximately 20 years of experience as a martial arts instructor. Mrs. Johnston has taught various self-defense courses for both women and children. She was instrumental in creating a "bully proof" program designed to help kids build confidence.

\*This is a drop off & pick up event. Adults are welcome to stay, but parking & seating is very limited. Carpooling is encouraged!



SPACE IS LIMITED

Registration deadline is November 3

Registration form attached.

For more information or questions contact  
Christi Cooper at [idaho\\_aggie@msn.com](mailto:idaho_aggie@msn.com) or call  
208-569-2832

# CSA Self Defense Workshop

## REGISTRATION

Girl's name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

Parent's name \_\_\_\_\_ Phone # \_\_\_\_\_

Parent's email \_\_\_\_\_

Registered with Girl Scouts for 2017-2018? \_\_NO \_\_YES

Mail completed registration form and payment\* (\$20 by Nov. 3) to

Christi Cooper  
1019 W Tanager  
Hayden, ID 83835

\*Make checks payable to Girl Scouts. No refunds.

Questions? Please contact Christi at (208) 569-2832.

Confirmation, permission slips will be emailed after registration. Please respond to all emails. Check your junk/spam box often.