



WOMEN'S SELF-DEFENSE,  
EMPOWERMENT AND PERSONAL SAFETY

1-800-590-4687

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## PRE-CLASS PREPARATIONS

Dear Applicant:

We would like to congratulate you on your choice to help stop the cycle of violence. You are part of a small percentage of women (under 10%) who are courageous enough to face the fear of assault and take the first step down the path of empowerment. By stepping forth and taking this course, you are saying “no” victimization, “no” to violence, and “yes” to peace.

Before class, we do ask that you please comply with the following requests:

- 1. PLEASE ARRIVE 15 MINUTES BEFORE CLASS.**
2. Wear comfortable clothing such as exercise outfits that **cover your entire legs** to prevent rug burns. Do not wear jeans or short shorts.
3. **Bring a sweatshirt** in case you get cold from the air conditioning.
4. Wear exercise shoes.
5. Please do not wear ANY jewelry, for your own safety. It is best if you leave your jewelry at home.
6. Eat before class and bring something to drink and snack on. There is a lunch break for classes over 5 hours.
7. If you wear knee braces, ankle supports, or any other movement enhancing aids, please bring them to class.
- 8. Please cut your fingernails to nail bed length.**
9. You need not be in great athletic shape to participate in this course. Most people are not. However we do ask that you **consult your physician or therapist before you participate if you have any physical disabilities, are pregnant, or are being treated for emotional distress.**
10. This course is physically, mentally, and emotionally empowering. So **get plenty of sleep the night before each class** to get the most out of the course!
11. Some course locations will hold a graduation celebration an hour before the end of the last class. Invite **supportive friends and family** to share and celebrate in the completion of your journey down the path toward empowerment.

You will be amazed at the difference this course will make in all the areas of your life!

Please call with any question and concerns.

We look forward to working with you.