



Advanced Self-Defence Training

I am pleased to announce that Mr. Dana Johnson of Calgary Alberta has agreed to provide some advanced self-defence and grappling technique training to interested people in our Area. Mr. Johnson is a 6th degree black belt in TaeKwon-Do and a 3rd Degree Black Belt in Jiu Jitsu. Dana has been training armed forces and police forces in North America, Europe and the Middle East in a variety of defensive techniques for many years. It is an honour to have him agree to train us.

Mr. Johnson will be at the Osler Community Hall on Saturday January 21/2012 from 10:00 a.m. to 4:00 p.m. Participants **MUST** be a minimum of 12 years of age and **MUST** be wearing a rash guard (or Under armour) and loose fitting top and pants. Rash Guards will be available for sale at the Hall on the day of training for \$25.00. Those who wish to guarantee a guard that fits them should preregister with the size they require. Training will be restricted to the first 40 applicants so register early. Water and fruits will be provided - please bring your own lunch. Proceeds from this event will go to the cost of the puzzle mats and to the Osler area Kids Sport fund.

Agenda:

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| 10:00 - 11:00 | Review of pressure points and basic release techniques. Break-fall Practice |
| 11 - 12:30 - | Advanced techniques involving release and take down |
| 1:30 - 4:00 | Jiu Jitsu grappling and release techniques |

Applications are available at www.dragancaoin.com

Please Note: Dana Johnson believes in reality training so you will have a few bumps and bruises by the end of the day.

Cost is \$80.00 per person or \$100.00 including rash guard if you pre-register. Make Cheques payable to Dragan Caoin TKD.

Please send applications to Chris Mackintosh at Box 209, Osler SK S0K 3A0 by January 17/2012. Applications at the door will require an additional \$5.00 late fee.

DANA JOHNSON Advanced Self-Defence Training

Name

Address

Email _____

Please make cheques payable to Dragan Caoin TaeKwon-Do.

Release and Indemnification

I hereby release Dragan Caoin TaeKwon-Do and staff from any liability with respect to damage or injury that I may suffer during participation in physical activity except where the damage or injury is caused by the gross and wilful negligence of the staff within the scope of their duties.

I also agree that medical treatment on the occasion of injury will be of first-aid treatment only and participant or member agrees to give his/her permission for such first-aid treatment as may be deemed necessary until such time as suitable medical treatment can be arranged for or provided.

(Signature of applicant)

(Signature of Parent/Guardian if Applicant is under 18 years of age)

(Date)