



Amarillo College
Criminal Justice
Intervention Programs

An Equal Opportunity Community College

Fight Like a Girl!

Self-Defense, Distraction, & Awareness Tactics for Females

Course Description: This female only, eight hour program provides situational awareness and basic self-defense skills. The class is taught by a certified law enforcement officer with years of defensive tactics training experience. This comprehensive course is designed for females, age 15 and up, and includes educational components comprised of lecture, discussion, avoidance and physical resistive strategies. You will learn about situational awareness, response options to bad situations, and basic techniques to protect and defend yourself that you should continue to practice and develop after you complete the class. Research shows that resistance and self-defense training can help prevent you from becoming a victim.

This class is appropriate for all community members and could include mothers/daughters, friends, high school or college students, and working professionals (teachers, nurses, realtors, etc.). No previous physical skills training is necessary. Self-defense is more important than ever...come join those who share your passion to learn, and let us help you build your skills and confidence...so you can go out and *Fight Like a Girl!*

Wear loose-fitting comfortable clothing, and no sandals or open-toed shoes. Only wrestling shoes or socks are allowed on the training mats.

- Complete the attached PAR-Q Questionnaire before you sign up for class to make sure you are ready for physical activity.
- Complete the attached Release/Talent form and bring to class or complete at the start of class.

August 2017 – December 2017

Cost: The cost of this course is \$59. **Refunds or class transfers must be requested at least one day prior to the start of class.** After this period, students will be required to register and pay for another class.

Registration: Full registration instructions are located on the back of this form. **Students are required to register and pay prior to the first class. It is recommended that students register as early as possible, because classes reach maximum enrollment quickly.**

Enrollment Eligibility Notice: Students with outstanding obligations to Amarillo College may not be allowed to enroll in or complete a continuing education course until the obligations are fulfilled. Students who have received a Criminal Trespass Warning from Amarillo College will not be allowed to enroll in courses held on any AC campus unless the warning has been lifted.

Attendance: Students must be on time. There will be no exceptions or make-up classes allowed. Students are required to bring a translator with them if they have limited or no proficiency in the English language.

Questions: For questions regarding our programs, call (806) 356-3649 or (806) 354-6083 or e-mail rdominguez@actx.edu. Se habla español. You may also visit us online at www.actx.edu/intervention.

Any student, who because of a disabling condition may require some special arrangements in order to meet course requirements, should contact disAbility Services (SSC 119, Phone 371-5436) as soon as possible.

Course ID #	Day	Date	Times	Location
160610	Tues/Wed	August 22, 23	6:00pm-10:00pm	AC West Campus, 6222 W. 9 th , Bldg. C, Room 125
164125	Saturday	September 16	8:00am-5:00pm	AC West Campus, 6222 W. 9 th , Bldg. C, Room 125
164126	Saturday	November 11	8:00am-5:00pm	AC West Campus, 6222 W. 9 th , Bldg. C, Room 125
164127	Saturday	December 9	8:00am-5:00pm	AC West Campus, 6222 W. 9 th , Bldg. C, Room 125

Fight Like a Girl - Advanced

PREREQUISITE: You must have completed the standard **Fight Like a Girl** course to be eligible to take the **Advanced** class.

In this course, we will review the techniques learned in the original course and then build on those with more advanced hitting, kicking, and take-down techniques. The cost is still only \$59, and all other enrollment requirements listed above apply to this course as well.

Course ID #	Day	Date	Times	Location
160615	Saturday	August 12	8:00am-5:00pm	AC West Campus, 6222 W. 9 th , Bldg. C, Room 125

Online Registration

You must use a credit/debit card to pay at the time of online registration. Go to www.actx.edu/intervention. Under **Search and Register for Classes**, go to the search box and type in "Fight Like a Girl" or the Course ID #, and then click "Search." Choose your desired class/date, and then click "Register/More Info" to continue.

Mail Registration

• Complete the registration form, enclose check or credit card information, and mail to:

AMARILLO COLLEGE
REGISTRAR'S OFFICE
PO BOX 447
AMARILLO TX 79178

• No acknowledgement will be mailed.

FAX Registration

• Complete the registration form, include credit/debit card information, and fax to: Intervention Programs, (806) 354-6074.

• No acknowledgement will be mailed.

In-Person Registration

Payment for courses is due at time of enrollment. A place in the class will not be reserved if payment has not been made in full.

EAST CAMPUS – Student Activity Center – J Avenue, Amarillo, TX

HEREFORD CAMPUS, Hereford, Texas – Student Service Center, 241 Ave. H, Hereford, TX

MOORE COUNTY CAMPUS, Dumas, Texas – Student Service Center, 1220 E. 1st St., Dumas, TX

WASHINGTON STREET CAMPUS – Student Service Center, 2011 S. Washington, Amarillo, TX

WEST CAMPUS – Lecture Hall, 6222 W. 9th Ave., Amarillo, TX

HOURS VARY BY CAMPUS LOCATION AND DURING HOLIDAYS/SUMMER

Please call AskAC at (806) 371-5000 for current hours.

Registration Form – Fight Like a Girl! – Self-Defense Class for Females

Course ID#: _____	Beginning Date: _____	
Last 4 digits of SSN: _____	Date of Birth: _____	
Last Name: _____	First: _____	MI: _____
Current Address: _____		
City/State/Zip Code: _____		
Cell Phone: _____	Work Phone: _____	Home Phone: _____
County of Residence: _____	Residency Status: ___ Texas Resident ___ Out-of-State ___ Foreign Country	
Gender: ___ Male ___ Female	Personal E-mail: _____	Business E-mail: _____
Ethnic Origin: (Voluntary Information – Will not affect enrollment) ___ White ___ American Indian ___ Alaskan Native ___ Black ___ Asian/Pacific ___ Islander ___ Hispanic ___ International		
I CERTIFY THAT THE INFORMATION GIVEN ABOVE IS COMPLETE AND CORRECT.		
Date: _____	Signature: _____	
Method of Payment: ___ Cash ___ Check ___ Money Order ___ Visa ___ Master Card ___ Discover ___ American Express		
Credit Card #: _____	Expiration Date: _____	
Authorized Signature: _____		