



Workplace Self-Defense for Women

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.

December 2023 – May 2024

Cost: The cost of this course is zero! It is offered for **FREE** through the Texas Mutual Insurance Grant. This web address will take you to the registration link: <https://www.actx.edu/safety/>. Click on the orange class schedule tab and look for Workplace Self-Defense.

Registration: Full registration instructions are located at <https://www.actx.edu/safety/>. **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. It is recommended that students bring water or something to drink during breaks. Wear loose-fitting comfortable clothing, and no sandals or open-toed shoes. Only wrestling shoes or socks are allowed on the training mats.

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.

Day	Date	Times	Location
Saturday	February 24, 2024	8:30am – 5:00pm	AC West Campus, Bldg. C, Room 113

Registration link: <https://www.actx.edu/safety/>

Workplace Self-Defense for Women - Advanced

PREREQUISITE: You must have completed the standard Self-Defense 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. There is no cost, and all other enrollment requirements listed above apply to this course as well.

Day	Date	Times	Location
Please call 806-356-3649 to register for the advanced course. Must meet prerequisite.			
Advanced Class dates pending for Spring 2024			