

Courage Quest

Full Contact Adrenal Response Training

Personal Empowerment & Self Defense Tactics

Thank you for pre-registering for this specially scheduled adult training class:

Date: **Saturday, 2010 March** (date to be confirmed)

Time: 8:45 am - 9:00 am Sign In. 9:00 am - 6:00 pm Class Time approx.

DO NOT SCHEDULE ANY APPOINTMENTS FOR AFTER CLASS -

Class ends when it ends, you must complete it, and you will be tired.

Place: SF Dojo @ 8307 - 27th Street W, University Place

Directions: From Bridgeport Way, turn West onto 27th Street, turn into University Place Shopping Center, look for small building on right with our logo.

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Before being admitted into the class, we must have received your completed pre-registration forms and fee. No outside observers or audio or video recordings of any kind are allowed. However, we may be taking pictures and videos. Do not bring any weapons into class. Cell phones must be turned off and only used during lunch break.

This program includes full-contact adrenal response against armored attackers. If you have a heart condition or any other health concerns, please consult a physician prior to participating in the program. For your safety, please inform a staff member prior to sign in, if you have any injury, epilepsy or physical limitation.

For attire, wear workout type clothing to allow freedom of movement and athletic shoes. Sweats with a tee-shirt underneath work well, and the layering allows you to manage your temperature. Do not wear shorts, or pants with button down legs or side zippers, or other clothing that may be revealing or that can be easily torn. Please do not wear any jewelry to this class. If possible, trim fingernails short.

Remember, you will be subjected to stressful situations and explicit language in an effort to make your training as real as possible.

We will provide water so you can stay hydrated. You will be given time for a short lunch. We recommend that you bring your own food and drink, as we cannot guarantee the timeliness of the local restaurants. You will need to leave the building during this time so that we may set up for the next segment.

If, due to unforeseen circumstances, you cannot attend class as scheduled, your prepaid fee is not refundable. We are expecting you to make every effort to keep your special appointment with us. We look forward to working with you. See you in class!



**The Staff of**  
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