



## Basic Self-Defense

This basic self-defense course will teach the necessary skills to survive stressful, dangerous and violent situations regardless of your age, size or previous experience. The course is a practical approach to real-life attacks and not an introduction to cultural fighting arts or combative sports. You will be instructed on the most effective and easy-to-learn methods to deter an attacker. The class is designed for women, men, responsible teenagers and experienced martial artists alike. Each class will provide new techniques and information not covered in previous classes. Past participants said, “I appreciated learning not just the techniques, but also why they are effective”, “Highly recommend this class to everyone...”, “...techniques are simple yet effective.” Decide not to be a victim now and enroll in the 3 hour Basic Self-Defense course.



### Basic Self-Defense

**Date:** Thursday, Oct. 11, 2018 from 6:00-9:00 pm

**Course Number:** 7400001-602 registration deadline is 10-8-18 at noon.

**Location:** Iowa Valley Grinnell, 123 6<sup>th</sup> Ave West, room 145.

**Cost:** \$39 per three hour class session

**Presenters:** Adaptive Combat Training staff

**Co-Sponsors:** Iowa Valley Continuing Education and Adaptive Combat Training

**Instructors:** Adaptive Combat Training staff has 45 years combined Martial Arts experience, 39 combined years in law enforcement, 21 years combined S.W.A.T. Team experience and 21 years of training Law Enforcement Officers in Defensive Tactics.

**Participants:** It is recommended that you wear comfortable clothing and tennis shoes with good lateral and linear support. Participants age 13-17 must be accompanied by a parent.

**This course flier can be found at:** <https://ce.ivalley.edu/>

**You May Register and pay online at:**

- <https://ivalley.augusoft.net/index.cfm?fuseaction=1010&> then click on Life & Leisure, then the class title.
- You will be asked for the following information at the time of registration - name, address, phone number, email address, birth date, course name(s) and course number and credit card payment.

- If you do not have access to internet and an email address you can call IVCE at 641-752-4645 between 8:00 am – 4:30 pm Monday – Friday to register and pay with credit card.
- Registration deadline is 10-8-18 at noon.

Additional Information about Adaptive Combat Training can be found at <https://www.facebook.com/AdaptiveCombatTraining>

**Basic Self-Defense on Thursday, 10-11-18 from 6:00-9:00 pm**

**Required Registration Information**

**You will need to provide the following information on the web site or by phone-**

**Name** \_\_\_\_\_

**Home Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Home Phone** (     ) \_\_\_\_\_ **Work Phone** (     ) \_\_\_\_\_

**Cell Phone** (     ) \_\_\_\_\_

**Birth Date** \_\_\_\_\_ **Email** \_\_\_\_\_

*It is the policy of Iowa Valley Community College District that no individual will be excluded from participation in, denied the benefits of, or be subject to discrimination under any program or activity sponsored or conducted by the District on the basis of actual or potential parental, family or marital status; age; color; creed; gender identity; national origin; physical or mental disability; race; religion; sex; or sexual orientation as required by the Iowa Code §§ 216.6 and 216.9, Titles VI and VII of the Civil Rights Act of 1964 (42 U.S.C. §§ 2000d and 2000e), the Equal Pay Act of 1973 (29 U.S.C. § 206, et seq.), Title IX (Educational Amendments, 20 U.S.C §§ 1681 – 1688), Section 504 (Rehabilitation Act of 1973, 29 U.S.C. § 794), and Title II of the Americans with Disabilities Act (42 U.S.C. § 12101, et seq).*

*Iowa Valley Continuing Education students who feel they have been discriminated against are advised to contact Jacque Goodman, Equity Officer, at 641-844-5640 or [Jacque.Goodman@iavalley.edu](mailto:Jacque.Goodman@iavalley.edu). Complaints may also be filed with the Director of the Iowa Civil Rights Commission in Des Moines at (515) 281-4121 and/or the U.S. Department of Education, Office of Civil Rights, at the Chicago office, 500 W. Madison St., Suite 1475, Chicago, IL 60661; (312) 730-1560.*

*Retaliation against any individual for reporting discrimination or assisting in providing information relevant to a report of discrimination is strictly prohibited by IVCCD and constitutes a violation of this policy.*

