

# Women's Self Defense

A Week-end Enrichment Activity  
for the  
GreatHearts North Phoenix Prep Community

GreatHearts North Phoenix Preparatory Academy, in partnership with Master Michael Kaneen and 9 Dragons Kung Fu, is pleased to present a practical course in self-defense for our female students. This course focuses on the key aspects of self-defense for women, including knowledge, instinct, preparation, situational awareness, and specific techniques for repelling a physical attack.

The program will be conducted by [Master Kaneen](#) and a corps of certified instructors at the facilities of [9 Dragons Kung Fu](#) in three, two-hour classes. Sessions will be held on Saturday afternoons in November. There will be one make-up session in November for participants who have missed a class.

The program is open to *all female Prep students* (grades 7 to 12) as well as  *moms and dads and female teachers and staff* of North Phoenix Prep. Registration is limited to 40 participants on a first-come, first-served basis. Payment is required in advance, and liability waivers must be completed for each participant prior to taking part in the lessons. Registration fees are not refundable.

## Fees

NPX female student .....	\$50
Parent (mom, dad, or guardian) of a student participant.....	\$25
Female NPX teacher, staff, or family member .....	\$25

## Location

9 Dragons Kung Fu  
20833 N Cave Creek Road, #102  
Phoenix, AZ 85024

## Schedule of Classes

Session 1	November 2, 1:00 to 3:00
Session 2	November 9, 1:00 to 3:00
Session 3	November 16, 1:00 to 3:00
Make-up Session	November 23, 1:00 to 3:00

## Registration Procedure

1. Request registration forms from Dr. Cort ([gcort@northphoenixprep.org](mailto:gcort@northphoenixprep.org))
2. Complete the forms.
3. Bring the completed registration forms and a check made out to *9 Dragons Kung Fu* to Dr. Cort (Room 605) to complete your registration.

## Other Information

Participants should wear modest, comfortable, loose-fitting clothing and tennis shoes (preferably with smooth bottoms.)

Participants should bring a water bottle.

This is a *drop-off* event; there is very limited seating for non-participants.

***No one may participate without completed forms and waivers on file.***