



# PlayItSafe

Self-Defense Strategies for Women & Children



## 2017 Self-Defense Certification for Middle & High School Teachers



As  
seen  
on  
Dr.  
Phil



“**PlayItSafe**” has been designed to offer the best and most practical self-defense techniques in realistic assault situations for both girls and boys. This certification is taught by Tracie Arlington, black-belt and Senior-certified instructor for the Women’s Self-Defense Institute.

### **TOPICS COVERED:**

- **Verbal self-defense & -escalation techniques**
- **Physical & mental aspects of self-defense**
- **Prevention & Avoidance safety information**
- **Stranger Awareness vs. Acquaintance assaults**
- **A.B.C's of self-defense: Awareness, Boundaries and Confidence**
- **Physical Defensive techniques**

**TAUGHT** to hundreds of thousands of students since 2003!

**Date:** Monday, October 23, 2017

**Time:** 8:00-3:30pm. (check-in by 7:45am)

**Cost:** \$125.00 per teacher, or \$200.00 for two teachers (male & female preferred) from the same school.

**Location:** Doc Munday Wrestling Center Poway High School: 15500 Espola Rd. Poway, SD. 92064

**Registration & Payment due by: October 13th**  
*Please notify 48 hours in advance if you need to cancel.*

**For more info. E-mail: [Tracie@PlayItSafeDefense.com](mailto:Tracie@PlayItSafeDefense.com)**

### **Teacher Certification Includes the Following:**

- 7-1/2 hour instruction. Curriculum meets the California State P.E. Standards 1-3: Course 2.
- Multiple **PlayItSafe** instructors assisting with the certification
- One instruction manual per teacher
- VIDEO instruction on various techniques
- On-line instructional support
- Curriculum and test materials for the students
- Group communication so we can all contribute feedback and **PlayItSafe** can answer questions



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Defense Strategies for Children & Women

## INSTRUCTOR CANDIDATE INFORMATION (each teacher needs to complete this form)

Today's Date \_\_\_\_\_

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ Middle: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail \_\_\_\_\_

School \_\_\_\_\_ School Address: \_\_\_\_\_

Are you the Department Head? \_\_\_\_\_

Emergency Contact Name & Phone Number \_\_\_\_\_

Have you had self-defense or martial arts training? \_\_\_\_\_

### Course Information

#### A Confirmation & waiver will be e-mailed upon receipt of registration

##### Play It Safe Teacher's Certification Course

Date: Monday, October 23, 2017 Time: 8-3:30pm. (check-in by 7:45am)

Cost: \$125.00, or \$200.00 for 2 teachers, same site

Make Check payable to: Play It Safe Defense

Mail one or **both** registration forms & payment to: (Federal Taxpayer Identification No. 46-2713818 )

Play It Safe Defense

3245 Oliphant St. San Diego, CA 92106

619-723-0036

The above information is true to the best of my knowledge. I understand that all reasonable precautions are taken during class to provide a safe environment, but due to the very nature of contact inherent in practicing self-defense techniques, I hold harmless Play It Safe, their instructors and the owners of the facility in which the course is held. I acknowledge that the information above is true and accurate.

Signature \_\_\_\_\_ Date \_\_\_\_\_