

# SHARP

**Sexual Harassment and Rape Prevention**

**Ages 16+**



**West of the Moon ATA**  
 1061 Station Drive, Oswego, IL 60543  
**Saturday, May 11th • 1:00 - 3:00p**

**Topics covered:**

- How survival stress affects performance
- Developing a prevention mindset
- Principles of avoidance
- Interpreting aggressive body language
- PPCT Nerve pressure points and nerve motor points
- Passive assaults
- Distraction techniques
- Hip checks
- Inverted finger locks
- Wrist release
- Inside and outside checks
- Brachial stun
- Front thrust and angle kicks
- PPCT Disarming



All participants will receive a **Kubotan** for their keychain. This small, yet extremely effective, weapon can be discreetly carried for protection.



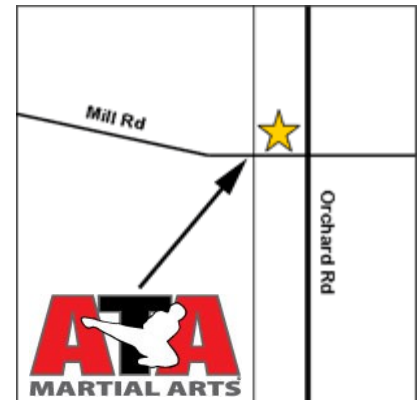
**Victims of sexual assault are:**

- 3 times** more likely to suffer from depression
- 6 times** more likely to suffer from post-traumatic stress disorder
- 13 times** more likely to abuse alcohol
- 26 times** more likely to abuse drugs
- 4 times** more likely to contemplate suicide

**DRIVING DIRECTIONS:**

We are located on the northwest corner of Orchard Rd and Mill Rd in Oswego.

**From I-88**, exit on Orchard Rd and head South. We are approximately 2 miles south of the Wal-Mart in Montgomery.



**HOW TO REGISTER**  
 DROP OFF/MAIL THE SIGNED PERMISSION SLIP TO OUR SCHOOL  
 -OR-  
 E-MAIL THE PERMISSION SLIP TO N.ZORN@MYATASCHOOL.COM  
 -OR-  
 FAX THE PERMISSION SLIP TO 786-551-0790

**PARTICIPATION WAIVER**

<b>PARTICIPANT NAME &amp; PHONE NUMBER</b>	
<b>EMERGENCY CONTACT</b>	<b>EMERGENCY PHONE #</b>
<b>E-MAIL ADDRESS</b> - So we can notify you of future events at our school. Your contact information will NEVER be shared!	
<b>PAYMENT METHOD</b>	Credit Card #: _____ Exp: _____
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit Card	Address: _____

As part of the agreement in allowing me to participate in this Safety Training, I agree that the American Taekwondo Association® (including its officers, employees, agents, tournament organizers, and any other student), will not be responsible for my safety nor do any of these parties assume any responsibility as a guardian or fiduciary. This specifically means that no one listed in this paragraph or associated with American Taekwondo Association® will be held liable for any injury, death or other damages caused to me or to my family, descendants, heirs or anyone assuming any rights on my behalf, and I specifically waive any claim I may have against such persons or individuals.

As further consideration and as a basis for allowing me to participate in this Safety Training, I agree to assume any and all risk of harm, and I specifically agree to release the American Taekwondo Association® (including anyone connected with this event) as it relates to any damage, harm or injury that I might suffer, even if the event causing the damage, harm or injury was foreseeable or if such damage, harm or injury was created or caused by the negligent act of the parties I am releasing (this release will not apply to any intentional act). This agreement to hold harmless shall apply to any damage by me or my family, including my estate, heirs or any personal representatives in the event of my death for any damage, injury or harm that should occur by my participation in training related to participation in the American Taekwondo Association®.

OFFICE USE ONLY

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**PARTICIPANT SIGNATURE & DATE**