

# AIM ADULT SELF-DEFENSE PROGRAM AGES 16 & UP



<http://www.aimusainc.com>  
**Questions Call 1-800-323-3755**  
**Men & Women All Ages Have fun!**  
**Option to pay weekly!**  
**Build self-confidence.**  
**Develop self-defense skills.**



This exciting & valuable course will prove to be informative training in the Martial Arts. Knowledge is power and knowing how to develop your mind and body in the Martial Ways will give you more options in a self-defense situation. **Certified Instructor Kevin Singler** will instruct Adults in the **Basics of Self-Defense**. Classes will meet every Monday for (12) weeks. Advancement and Belt ranking systems apply. Work your way to Black Belt or just increase your confidence, awareness and fitness!

**LOCATION:** AIM Headquarters: 2434 New Dorset Circle Powhatan, VA. 23139

**START DATE:** Monday June 29<sup>TH</sup> 2009. Classes will meet every Monday for (12) weeks.

**TIME:** 7:30 PM – 8:25 PM

**COST OPTIONS**

**PAY BY THE WEEK** = \$13.00 registration fee \$7.00 class fee = \$20.00. Each week thereafter \$7 per lesson  
**PAY IN FULL 12 WEEKS** = \$90.00 Includes \$7.00 discount on registration fee.

**ATTIRE:** Light work out clothing or street clothes. Uniforms are welcome but not required. Self-defense Uniforms may be purchased for \$30.00 tax included.

**REGISTRATIONS:** No registration deadline! Sign up anytime on Mondays on or after 6-29-2009 15 minutes before the class times listed above.

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Students Last Name	Students First Name	Age
<input type="text"/>	<input type="text"/>	<input type="text"/>

Street Address	City
<input type="text"/>	<input type="text"/>

Zip

Reg. Fee	\$ _____
Class Fee	\$ _____
Other	\$ _____
Total	\$ _____
Check	# _____

Home Phone #	Belt Color	Sex	Stripe(s)	E-mail address
<input type="text"/>	_____	M / F	2 3 4	_____

**ATHLETES IN MOTION LLC, AIM USA INC. LIABILITY RELEASE**, I, listed above, do hereby agree to release all liability and claims, against **ATHLETES IN MOTION LLC, AIM USA INC**, and agree to hold harmless any liability against **ATHLETES IN MOTION LLC, AIM USA INC**, any sponsoring organization, facility, instructor, and any other party involved, due to any injuries, accidents, negligence, or any other circumstance arising from participation in any **ATHLETES IN MOTION LLC, AIM USA INC**, program(s) with respect to any time prior, during and after class.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_