

# LEVEL 1

## INFORMATION PACKAGE



# EMPOWERED

DEFENCE CENTRE

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# WHEN CAN I COME FOR MY FREE TRIAL CLASS?

The best time to start your training is near the beginning of the month, so that you learn the curriculum in order. However you are welcome to start at any time! Just let us know which day you plan to attend so that we know to expect you.

KIDS CLASSES	TEEN CLASSES	ADULT CLASSES
Mondays and Thursdays at 5:00PM	Tuesdays and Fridays at 5:00PM	Wednesdays at 5:00PM and Saturdays at 9:00AM

# WHAT DO I NEED TO KNOW BEFORE MY TRIAL CLASS?

Wear comfortable clothes you can train in, preferably workout-wear. This class involves dynamic warm-ups and fitness training, which means you will be getting sweaty!

Indoor-only training shoes are a requirement for this class. Students must wear clean indoor-only shoes in order to help us maintain a clean training environment for everyone.

Bring a water bottle. We work hard in this class, and you will definitely want to have water on hand to stay hydrated throughout your training. You may bring your water bottle into the training studio with you. Please leave them on the tile edges of the room to avoid spills on the training mats.

Please ensure you have completed the registration form and waiver prior to your first class (digital or hard copy). Completing this form does not commit you enrolling in the Level 1 Program, but the information is required for insurance and safety purposes.

# WHAT WILL I BE LEARNING IN LEVEL 1 ?

Level 1 is an Introductory Self-Defence course that does not require any previous martial arts training, and can be started at any fitness level.

The primary focus of Level 1 is to introduce you to simple but effective strikes and escapes from common grabs and attacks. The strikes you will learn have been selected because they are fast to learn, will come to you naturally in a fight-or-flight state, and minimize the risk of injury if done incorrectly. The grabs focus on the most common grabs you may encounter in a self-defence situation, and offer a variety of techniques to escape.

The following is a list of the techniques you can expect to learn in Level 1:

<p><u>STRIKES</u></p> <ul style="list-style-type: none"><li>• palm strikes</li><li>• hammer fist</li><li>• elbows</li><li>• knees</li><li>• donkey kicks (back kicks)</li></ul>	<p><u>ESCAPES</u></p> <ul style="list-style-type: none"><li>• wrist grabs (single and double)</li><li>• front bear hugs</li><li>• rear bear hugs</li><li>• standing strangulation</li></ul>
<p><u>SUPPLEMENTARY TECHNIQUES</u></p> <ul style="list-style-type: none"><li>• “bird beak”</li><li>• finger dislocation</li><li>• throat strikes</li><li>• ear clap</li><li>• eye gouge</li></ul>	<p><u>ADDITIONAL MOVEMENTS</u></p> <ul style="list-style-type: none"><li>• defensive stance and movement patterns</li><li>• front, side, and rear break falls</li></ul>

# WHAT ARE THE REQUIREMENTS TO COMPLETE LEVEL 1?

Level 1 takes a minimum of 3 months to complete, however can take longer depending on attendance consistency.

You qualify to be tested on the Level 1 curriculum once you have met the following requirements :

## ATTENDANCE

- You have attended at least 2 sessions of each lesson block in Level 1 AND a total attendance rate of 80% or higher, OR
- You have attended 3 sessions of each lesson block in Level 1 with an attendance rate lower than 80%

## APPLICATION

- You have completed your Level 1 test application (provided a few weeks before your test date)

Just a few classes short? Know you will be missing a needed class?

Private training sessions are available for \$30/hour. Speak to Sarah to get caught up, or work ahead!

# IS THE TEST MANDATORY?

No, the test is only required if you intend to continue your training in Level 2.

# WHAT IS THE TEST?

The test involves a fitness component, a striking component, and an escape component, as well as a written application which must be submitted before the testing date. More details will be provided to you approximately one month prior to your estimated testing date.

# HOW MUCH DOES LEVEL 1 COST?

To make our programming as accessible as possible, we offer three payment options:

	<b>DROP-IN</b>	<b>MONTHLY</b>	<b>PAID IN FULL</b>
<b>COST</b>	\$15/class plus tax	\$100/month plus tax (subscription option available)	\$300 plus tax
<b>BENEFITS</b>	<ul style="list-style-type: none"> <li>• Purchase individually or in groups</li> <li>• Gives you significant flexibility for scheduling, starting, and stopping training</li> </ul>	<ul style="list-style-type: none"> <li>• Access to all open gym training times</li> <li>• 10% off all EDC Seminars and Fitness Classes</li> <li>• Includes one free uniform shirt to be worn in class</li> </ul>	<ul style="list-style-type: none"> <li>• Access to all open gym training times</li> <li>• 20% off all EDC Seminars and Fitness Classes</li> <li>• Includes one free uniform shirt to be worn in class</li> </ul>
<b>NOTES</b>	<ul style="list-style-type: none"> <li>• Does not include a uniform shirt for class (\$20.00)</li> <li>• Can upgrade to a monthly plan at any time</li> </ul>	<ul style="list-style-type: none"> <li>• option to cancel at the end of any monthly pay period</li> <li>• option to pause your program if you will be away for over one month</li> </ul>	<ul style="list-style-type: none"> <li>• can take as long as needed to complete the training program requirements (best option for inconsistent schedules and frequent absences)</li> </ul>

Please note that drop-in passes are only available for Level 1.



# LEVEL 1 REGISTRATION

## AGE GROUP

- Kids Classes (ages 6-12)
- Teen Classes (ages 13-17)
- Adult Classes (ages 18+)

## PAYMENT METHOD

- Drop-In Passes (\$15/class)
- Monthly Registration (\$100/month)
  - includes 1 uniform shirt, 10% discount on seminars
- Full Level 1 Program (\$300)
  - includes 1 uniform shirt, 20% discount on seminars

## STUDENT INFORMATION

Full Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Gender/Pronouns: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Allergies/Injuries/Medical Conditions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PARENT/GUARDIAN INFORMATION (if student is under 18)

Full Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## EMERGENCY CONTACT

Full Name: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please read and complete waiver on next page.

# WAIVER

- I, \_\_\_\_\_, hereby acknowledge that I have voluntarily chosen to participate in self-defence training at Empowered Defence Centre. I understand that participation in such activities carries with it inherent risks of physical injury, and I knowingly and willingly assume all such risks, including but not limited to physical injury, property damage, or any other foreseeable or unforeseeable harm.
- I release Empowered Defence Centre, its instructors, employees, and agents from any and all liability for injuries, damages, or losses incurred during or as a result of participating in the self-defence training.
- I agree to indemnify and hold Empowered Defence Centre harmless for any claims, demands, or actions brought against it by third parties arising out of my actions or negligence during or as a result of participating in the self-defence training.
- I acknowledge that I have disclosed all relevant injuries, allergies, medical conditions, and limitations that may affect my participation in the self-defence training. I understand it is my responsibility to inform the instructors of any changes to my health status that may occur during the course of my participation.
- I acknowledge that I have been informed of the potential risks associated with the self-defence training, including but not limited to sprains, strains, bruises, cuts or more serious injuries.
- I understand that any student found to be using their self-defence training to harm others outside of the studio environment may be subject to removal from the program without a refund.
- I also grant permission for Empowered Defence Centre to use any photographs, videos, or other media recordings of myself taken during classes or events for marketing or promotional purposes. (\*optional)
- If any provision of this waiver is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.
- I have read and fully understand the terms of this waiver, and I voluntarily agree to its terms.

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

If Participant is Under 18 Years Old:

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_