

FEMALE SELF DEFENSE & SITUATIONAL AWARENESS TRAINING

WHAT: As a courtesy for our local female community members and recently graduated senior girls, White Oak ISD is presenting a BASIC FEMALE SELF-DEFENSE AND SITUATIONAL AWARENESS TRAINING.

**WHEN: Thursday, JULY 15th, 6pm – 8pm @ The MaryAnn Underwood Elementary
Gymnasium
White Oak Elementary School Campus**

**TRAINER: SHERI HUNTER
RAPE AGGRESSION DEFENSE INSTRUCTOR
MASTER PEACE OFFICER
SWAT TRAINED
DETENTION OFFICER; FIELD TRAINING OFFICER AND
SCHOOL RESOURCE OFFICER**

PURPOSE: The purpose of this introductory class is to provide the females of our community a basic understanding of self-defense principles and the situational awareness that can benefit them throughout their daily routines.

WHO: This 2 hour basic course is offered FREE OF CHARGE to any female in the White Oak area who is at least 18 years of age at the time of the course.

Please RSVP to Brian Gray grayb@woisd.net no later than Monday, July 12 so that we have an approximate count for training purposes.