

Douglas County Sheriff's Office

Civilian Self Defense Class



Self-defense classes are being offered to Douglas County residents by the Douglas County Sheriff's Office.

Classes will be held from 6:30 – 8:30 pm.

You will be notified of your class date approximately 2 weeks in advance.

The class includes instruction and discussion covering mindset and scenarios that are commonly used to defend one's self against a violent attack.

The first part of the class covers awareness and vulnerable situations, this is conducted in a classroom setting using overhead projectors and power media tools.

The next section of the class is covered in the gymnasium area where the students will practice basic movements of self-defense.

Activity level is at a Low to Moderate pace with minimal exertion.

Students must be at least 18 years of age (under 18 accompanied by a parent) and will be required to sign a Waiver of Liability.

Any questions contact:

Shelly Kimball

skimball@sheriff.douglas.ga.us

Douglas County Sheriff's Office

Civilian Self Defense Class

(Please Print Clearly)

Name: _____

Last

First

Address: _____

Street

City

State

Zip Code

Telephone: () _____ - _____

Email Address: _____

(If email address is provided you will be notified of class date by email)

Date of Birth _____ Female Male

Signature: _____ Date: _____

The application may be returned by mail to :

Douglas County Sheriff's Office

SCOPE Division

8470 Earl D. Lee Blvd

Douglasville, Ga 30134

Or fax to

770-920-3912

www.sheriff.douglas.ga.us