



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
Defensive Tactics Instructor Lt. Elmer Horn

Classes will be held at the Douglas County Sheriff's Office, located at
8470 Earl D Lee Blvd, Douglasville, GA 30134

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

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

- Open Hand Palm Strike
- Elbow Strike
- Knee Strike
- Escapes from Grabs
- Escapes from Bear Hugs
- Escapes from Chokes
- Natural Weapons
- Spontaneous Defensive Attacks
- Kicks from the Ground Position



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.

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(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
Douglas County Sheriff's Office
Training Division
8470 Earl D Lee Blvd
Douglasville, GA 30134

Or fax to
770-920-3912
Cover sheet not required.

www.sheriff.douglas.ga.us