

FMI or to
Pre-Register for any of our Programs:

**Greene County
Department of Recreation
107 Fairgrounds Rd
Waynesburg Pa 15370
724-852-5323**



Notice:

By participation of this program and/or activity, my photograph and/or the photograph of my child may be taken by the department or representative thereof. I agree that my photograph and/or the photograph of my child, including video photography, film photography, or other reproduction of my likeness or the likeness of my child, along with activity creation may be used without charge by the Department of Recreation, producers, sponsors, organizers and/or it's assigns for media releases, advertisements or such purposed as they deem appropriate.

We reserve the right to cancel program for lack of participation or any other reason

GREENE COUNTY COMMISSIONERS
-BLAIR ZIMMERMAN—DAVE CODER—ARCHIE TRADER-
93 EAST HIGH STREET
WAYNESBURG, PA 15370
724-852-5210



GREENE COUNTY DEPARTMENT OF RECREATION
JAKE BLAKER, DIRECTOR
107 FAIRGROUNDS ROAD
WAYNESBURG, PA 15370
724-852-5323

WOMEN'S SELF DEFENSE

six week course

**With Instructor
Mark Shrader**

**SUNDAYS 1:30PM
February 19th-March 26th
Greene County Fairgrounds
4H Bldg Upstairs**

Fee for Six Week Session

\$75

Pre-Registration required

FMI 724-852-5323

www.co.greene.pa.us

*20
participant
minimum
required

WOMEN'S SELF DEFENSE COURSE

WITH

Instructor Mark Shrader

Gender Based Violence Facts

Women are bearing the brunt of a rise in violent crime, a new analysis shows.

Domestic violence and violence against women have increased since 2009, researchers found, pushing up overall levels of violent crime.

It is estimated that 35 % of women worldwide have experienced either physical and/or sexual intimate partner violence or sexual violence by a non-partner .

One in three women worldwide will experience gender-based violence (GBV) in her lifetime. Violence against women causes more death and disability for women and girls between the ages of 15 and 44, than do cancer, traffic accidents, malaria and war combined .



Mark Shrader has been the Owner/ Instructor of Mark Shrader 's Mixed Martial Arts Academy in Washington, Pa, since 1994.

Mark started training in karate in 1989, kickboxing in 1991, boxing in 1992, and MMA cage fighting in 2001. With a Fifth Degree Master Level in TANG SOO DO,

Mark has trained multiple police departments and offers a full-spectrum mixed martial arts training experience.

His classes at the academy include:

self defense, karate, jiu-jitsu, cardio kick-boxing, and ultimate cage fighting.

Class Fee \$75

INCLUDES
SIX CLASSES

What is Self-Defense?

Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully prevent, escape, resist and survive violent assaults. This course provides psychological awareness and verbal skills, not just physical training.

A good self-defense class will expand the way you think about violence prevention, help you deal with your fears and enable you to feel more empowered in your life.