

Mansfield University
CENTER FOR
LIFELONG LEARNING
1-800-661-3640

**Self Defense Course
for Women**



INSTRUCTOR
Officer Frank Levindoski

Location:
Alumni Hall 307

Cost: \$50
(\$25.00 Deposit Required)

Thursdays

March 24, 2009 5:30 pm-9:30 pm
March 31, 2009 5:30 pm-9:30 pm

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Register prior to March 17, 2009

Instructor Information

Officer Levindoski has been a police officer in Tioga County for 12 years, working in both the Wellsboro and Mansfield Police Departments. After attending Instructor Development Training, Officer Levindoski joined the Mansfield University Police Academy and Constable Instructor Staff in 2001. He has specialized training in Use of Force, Defensive Tactics, Mechanics of Arrest, Chemical Aerosol, and Expandable Baton. He is also a certified Sexual Harassment and Rape Prevention (SHARP) Instructor. Officer Levindoski has over 7 years of experience as a classroom and tactical instructor.

Name: _____

Address : _____

Home Phone: _____

Work Phone: _____

E-Mail: _____

Check Amount \$ _____

Payment Method: (circle one)

Master Card Visa

\$ _____ Amount to be charged

(total amount will be charged unless otherwise indicated)

Credit Card# _____

Exp. Date _____ 3 Digit Code _____

Cardholder Signature: _____

Cardholder Name (printed): _____

Return with payment to:

**Mansfield University
Memorial Hall Room 208
20 Straughn Drive
Mansfield, Pa. 16933
Fax: 570-662-4120**

Workshop Information

This workshop will teach you the skills needed to prevent becoming a victim of sexual harassment or sexual assault. You will also learn defensive counter techniques in the event an assault should occur.

This course is primarily hands-on and is open to all females over age 16. Appropriate comfortable clothing should be worn.

No prior skills are required.

Who Should Attend:

High School students

College students

Employees at all levels
and all types of working
environments

Stay at home moms

Senior Citizens

Topics covered

- Basic Self Defense Techniques
- Control Principles
- Prevention Psychology
- Principles of Avoidance
- Control Tactics
- Passive Release and Escapes
- Defensive Counterstrikes
- Disarming