



# Common Sense for Self Defense:

A Safety and Awareness Seminar for CASAs

**Friday, February 23, 2024**

**11:30 a.m. – 1:00 p.m.**

**@ THE WELL**

**210 James Garner Ave.**

**Norman, OK 73069**

Specifically for Court Appointed Special Advocates, this seminar will offer interactive training and discussion, as well as an opportunity for hands-on training.

- Situational awareness
- Self defense mindset
- Threat assessment
- Basic strikes and releases

**This private seminar is free but registration is required. To register, contact your CASA Advocate Supervisor at (405) 360-5295 or via email.**

A fourth-degree blackbelt and Certified Instructor through the Yom Chi Taekwon-Do Association, Amy Cook is a Class A Certified Referee and Instructor of Referees who has taught more than 1,800 hours of Taekwon-Do and self defense, in addition to hosting and officiating at tournaments.

**Amy Cook, IV Dan**  
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