

**Royal Rangers Ministries Training Day**  
**“Something for Everyone”**  
**Saturday October 21, 2017**  
**6051 South Watt Avenue**  
**Sacramento, California 95829-1304**

**Classes:**

**Women’s Self-Defense**, does not have to be complicated. You will learn quick and easy techniques to escape from your attacker. Learn simple techniques for different scenarios, what to do and what NOT to do. Learn how to use your voice as a weapon. Learn to be aware of your surroundings and not get caught off guard. Learning to defend yourself is your moral and legal right. Empower yourself! **“DO NOT BE A VICTIM!!!”** open to all ages.  
**Instructors Red Dragon Martial Arts / cost for class \$25 lunch included**

**Ranger Basics / Reloaded**, is a one-day hands-on experience that teaches how to run successful outpost meetings, how to use the Rangers curriculum and advancement system, and how to build healthy relationships with boys and young men. You also learn soul-winning techniques for evangelism.  
**Instructors Rod & Deb Alderson / cost for class \$25 lunch included**

**Archery Class:** This class is an introduction to archery and the different shooting styles. It is not just for beginners interested in the sport of archery but also Archers of all skill levels wanting to hone their skills.  
**Instructors Andy Rosenau & Staff / cost for class \$25 lunch included**

**Red Cross First Aid / CPR / AED:** Are you Ready? This is a Life Skills Class everyone should take. Get certified, it is also a requirement for the R.R. Safety Trained level of the Outpost Leaders Advancement Level (OLAL).  
**Instructor Bob Sundin / cost for class \$65 lunch included** (first aid, cpr, class starts @ 9:00am doors will open at 8:30am for those not pre-register)

**Schedule:**

9:00 A.M. Doors open / coffee & fellowship / Red Cross class starts  
10:00 A.M. Classes First Session  
12:15 P.M. **Break Lunch Provided**  
12:45 P.M. Classes Second Session  
3:00 P.M. Classes End

For information and to register: [pmcwilliams@agncn.org](mailto:pmcwilliams@agncn.org) or  
916-379-9600 ext.1138 leave message