

SELF DEFENSE FOR BUSY PEOPLE

■ **Steve Brass** : Use of Force Instructor

■ **3 HOURS**



Learn how to assess a threat, defend and stop an attack in seconds. This unique **STUN AND RUN** self-defense workshop focuses on simple, real-world skills to protect yourself and your property.

TOPICS INCLUDE:

1. Discover a **SITUATIONAL AWARENESS** technique to protect yourself.
2. **DEVELOP YOUR MEMORY** to identify predators and help police find them.
3. **BUILD A PENTAGON OF PERSONAL DEFENSE** to protect yourself, your home, workplace, street awareness, and vehicle safety and travel defense.
4. Practice **ASSAULT AVOIDANCE** strategies to dramatically reduce your chances of being robbed or assaulted.
5. **REVIEW** powerful Gross Motor skills to stop and take down any size attacker.

"I can start using the safety awareness techniques immediately. Everyone needs this training."

~ KB, Town Administrator

"This Class is an eye opening, informative, must have tool to help protect my family."

~ D. Krepp, Healthcare Professional

SELF DEFENSE FOR BUSY PEOPLE LEVEL ONE is a great introduction to personal safety and self-protection. Ideal for business professionals, Moms/daughters, martial artists, seniors, and those individuals concerned about personal safety.

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