

Unarmed Self-Defense

Can you defend yourself against a violent attack? Learn valuable, life saving skills from programs designed to increase your survival potential after only one class! Learning is best accomplished by “doing”. These scenario-based courses teach time-tested, relevant and realistic skills that are easy to learn and retain under stress. Scenario-based training allows you to practice life saving self-defense techniques full contact against a padded assailant, as you would apply them during a violent encounter. You will have an opportunity to practice diffusing a confrontation verbally while learning to identify when an assault is imminent. Designed to be safe, these courses instill confidence by building on success. You are coached according to your own rate of progression. A great stress reliever and lots of fun.

Course Length: 4, 8 and 16-hour modules

Course Fee: Varies by class size, location and course length

Topics will include:

- * Mental Preparation and Awareness
- * Threat Recognition, Assessment and Decision Making
- * Self-Defense Objectives
- * Survival Stress and Performance
- * Controlling a Violent Confrontation
- * Use of Force and the Law
- * Simple, Effective Unarmed Self-Defense Skills
- * Assault Prevention



Contact:

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