

Executive Safety Instruction

Overview

Personalized, one-on-one self-defense training provided on-site to program clients.

Mission

To help at-risk individuals experience life with less fear by learning and mastering the defensive skills and strategies necessary to avoid, survive and overcome violent confrontations.

Structure

Clients will receive training in three separate modules, each representing a compounded level of scenario-based responses. For example; level one graduates will be able to escape and flee a mugging attack while graduates of level three would be able to execute an additional take-down and submission of the same attacker.

Technical Foundation

The strategies and techniques taught in this personalized system are based in classical ju-jitsu. Ju-Jitsu is the oldest of Japanese martial arts and is the parent art of modern Aikido, Judo and some styles of Karate. Ju-jitsu is extremely quick, brutal and comprehensive.

Instructors

Your "Personal Safety Coach" is an experienced martial arts instructor trained to understand your specific situation and concerns. Our program is designed to give you an effective defense-system that fits your unique personality and capabilities.

Duration

Each module consists of approximately 15 hours of instruction and training. Sessions normally go about one and a half hours making a one per week training schedule extend about nine weeks. All three modules would then consist of 45 hours of advanced training and require up to six months to complete. Refresher sessions are recommended at least once every three months.

Specific Objectives

The goal of our system is to give clients the concepts and repetitive skill sets to successfully operate in up to 35 different attack scenarios.

Clients will learn cognitive skills such as:

- Environmental awareness
- Attack psychology and anatomy
- Fear management and mind centering

As well as physical skills including:

- Balance, posture and breathing
- Body movement and foot work
- Grab/ Seizure escaping
- Strike/ Kick evasion
- Blocking
- Basic hand, elbow, knee and foot strikes
- Joint locks, separations and breaks
- Dynamic take-downs
- Nerve and vital point attacks
- Weapons defense strategies

Evaluations

Each module will include a practical evaluation with a second instructor to ensure comprehension and ability.

- Evaluations for modules two and three must be held on padded sports mats.
- Module three's evaluation will also include an additional on-location "street" scenario (controlled).

Fee

Module One-----\$750.00*

Module Two-----\$750.00*

Module Three--\$1000.00*

*Study guide included

Terms

50% due at the beginning of each module and the balance upon completion. All participants must sign a program agreement and liability waiver.

Module Curriculum

Module One

- Fear management and mind centering
- Balance, posture and breathing
- Body movement and foot work
- Grab/ Seizure escaping
- Strike/ Kick evasion
- Blocking
-

Module Two

- Attack psychology and anatomy
- Basic hand, elbow, knee and foot strikes
- Joint locks, separations and breaks
- Nerve and vital point attacks
-

Module Three

- Environmental awareness
- Dynamic take-downs
- Weapons defense strategies
- Weapons of opportunity
- Multiple attacker strategies