



He's decided to make you his next victim,
counting on you to be helpless,
never dreaming that you'd fight back...

You can give him a rude awakening.

In a perfect world, there would be no need for violence. But this is the real world, and you may be faced with the decision to fight to save your life.

Have you decided what you will do when faced with that desperate situation?

**1 out of 3 women, in their lifetime,
will be the victim of a violent attack.**

Knowing the statistics, shouldn't you prepare? If it happens to you, you won't have time to think - you will have to act and **act fast!**

Personal protection is your responsibility. You owe it to yourself and your loved ones, to stay safe. Let us help you. In just one day, by experiencing real-life scenarios, with **full-force adrenaline response methods**, you will learn how to draw on hidden reflexes for survival. **It will empower you and quite possibly change the direction and quality of your life.**

No experience required. You don't need to be in great condition to do this. You just need the desire to live your life, on your terms. If you really care, invite a family member or friend to take this training with you.

Ask about our next available seminar dates.

Pre-registration is required, so please call or email us now!



Safety First Personal Protection Strategies

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The leading edge of the science of self defense.