

Padded Assailant

PERSONAL SAFETY & WOMEN'S EMPOWERMENT TRAINING

Fear - The #1 Factor in *successful self-defense* is dealing with the Fear that Naturally arises in a real attack.

Adrenaline flooding - spontaneously occurs with Fear in dangerous situations
Shutting down higher brain function and activating the fight or flight syndrome.

Stress is induced by adrenal flooding, impeding *judgement* and *fine motor Control*, (the ability to assess the threat and respond effectively)!

Training now exists that addresses Fear, is *affordable and accessible*, and provides
The most effective self-defense available to handle today's scary situations.

Take the **FAST** Track to Greater Confidence, Control, and Composure!

In this training you will learn:

- To recognize the warning signs of attack and avoid threatening situations before they become dangerous.
- How to avoid attackers by not looking like a victim.
- To use the power of your voice and body language (most confrontations and assaults can be stopped by a strong voice, good eye contact and body carriage)
- To find and utilize the *power* of your fear, not be paralyzed by it.
- **And** when all else fails, to protect yourself and your loved ones with *simple & effective FULL FORCE* techniques to the attacker's vulnerable areas.



Course Information:

What: A 3 Hr Assertiveness Self-Defense Course

Where: Krav Maga Institute

When: Sat May 19th – 11:00am to 2:00pm

Cost: \$129.00

Contact: KMI: 970-225-6655

“To me this course was a life saver. I can't believe the sense of safety and empowerment I feel after just 4 hours of training! Thank you FAST Defense!”

Kristen Cook, FAST Defense Graduate



KRAV MAGA INSTITUTE

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