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Our Goal is to Teach You How To Stay Out of a Bad Situation and How to Get Out of One After You Get In... If you have come here to become a "Samurai" ... you have come to the wrong place!

Self-Defense / Self Protection Syllabus

NOTE: Although this class is NOT designed for "Olympic Athletes" or to train you to fight in competition, some physical stamina is required. We ask that you consult your Doctor to make sure you are in shape for moderate exercise BEFORE taking the class. The Instructor reserves the right to dismiss anyone from the class who he (she) feels does not have the physical requirements to participate.

- 1): Awareness Training: being aware of your surroundings and being prepared. Don't give the advantage to your attacker... avoid confrontation and escape.
 - 2): Basic Training: Block; Block & Counter; Absorb
 - 3): Control: Self-Control and Control of the Situation... DO NOT BE A VICTIM.
 - 4): Defend and Escape
 - 5): Last Resort / Harmful and/or Deadly Blows... Lethal Force?
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It is not our goal to train you how to defeat any attacker. We train you to avoid situations where you may get in trouble; how to evaluate bad environments; what to watch out for.

You have an advantage over most attackers... they will expect you to surrender and to be subdued... in most cases the attacker will run from a person giving resistance.

Your objective is to get away... find an opportunity or make one to escape the situation.

In this scenario we do not stand and fight... we run to safety... we escape!