This is a 3 hour class (5:30-8:30 pm) focusing on preventive measures from violent attacks. It is designed to educate females of all ages with the potential threats they may face in every day interactions with strangers, unknown threats, potentially dangerous acquaintances or unfamiliar environments. Size, strength, age, skill and even being armed doesn’t make you invulnerable to an attack, being aware and prepared can. This is a class room environment with no physical training performed.

The focus:

- Current events
- Preventive actions at, to and from your home
- Preventive actions at, to and from work
- Preventive actions at public events
- Geographical statistics
- Techniques to prevent attacks before they happen
- Orienting yourself with the environment
- Act on your intuition
- Make yourself a harder target
- Selection of practical defensive weapons or items that can be used as weapons carried on a daily basis
- Realistic defensive techniques (not performed but discussed)
- Prepatory dialogue
- Exit strategies
- Necessary actions to prevent becoming a victim.

Each student receives an outline guide of the class to take home and reference. Students will have the opportunity to purchase very specific and proven defensive carry items like flash lights, key chain lights and pepper spray that are of the highest quality and most realistic option for every day carry. (no knives, firearms or batons)

- Instructors: Jerod Johnson and Laura McDonald

-Cost: $55.00 per student

*A minimum of 4 students to book the class.
*Class is limited to 20 students
*Special times and private class settings can be arranged but may reflect a change in price

*Payment can be made with credit card to secure spot in the class

To enroll and secure your space please contact:

Jerod Johnson
Director of Training, S.T.A. Training Group

Mobile- 623.363.9404
jerod@statraininggroup.com