



STREET SURVIVAL FOR WOMEN

“HANDS ON SEMINAR/CLASSROOM”

Designed to educate women of all their options in a possible attack situation

- Builds a new level of self confidence to say “I WILL SURVIVE”!
- Put students into situations so they feel the pressure and then react to survive
- Awareness education is stressed
- Physical hands on training to bring out that self-preservation instinct that all human beings possess
- Simple, easy techniques that anyone can learn
- Topics such as date rape, non-consent, impaired consent, abduction and risk reduction are thoroughly discussed
- Teaching you that street survival for women is a combination of trusting your perceptions, awareness, risk reduction and the proper use of defensive weapons at hand against vulnerable locations on your assailant
- Pros and cons of different defense items on the market
- Teaching you to enhance natural reactions to violence rather than making you more fearful. Street Survival makes you more confident which in turn makes you look and act less like a victim
- Teaching you that the defensive mindset is that mindset which says “I WILL SURVIVE”!
- Dynamic simulation hands on training, basic principles of defense and principals of striking

STREET SURVIVAL SEMINAR (FOR MEN AND WOMEN)

SEMINAR IS CLASS/DISCUSSION ONLY AND HANDS ON DEMONSTRATIONS BY APPS STAFF

Designed to educate men and women of all options in a possible attack situation

- Awareness education is stressed
- Demonstration of physical hands on training to bring out that self-preservation instinct that all human beings possess
- Demonstration of simple, easy techniques that anyone can learn
- Pros and cons of different defense items on the market
- Teaching you to enhance natural reactions to violence rather than making you more fearful. Street Survival tactics that will make you more confident which in turn makes you look and act less like a victim
- Teaching you that the defensive mindset is that mindset which says I “WILL SURVIVE”!
- Demonstration of dynamic simulation hands on training, basic principles of defense and principals of striking
- Defensive weapons at hand discussion (items at your everyday disposal that can be used defensively)
- Discussion on the use of batons, defensive sprays and Taser/stun devices
- Defending your ego vs. defending your life

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