

B.A.S.I.C - SELF DEFENSE TRAINING

Through fourteen years of experience, we know anyone, regardless of age, size or physical health can learn to effectively defend themselves against verbal and physical assault. In our course, students practice physical and verbal techniques that will empower them to stay in control.



Be
Alert
Stay
In
Control

learn basic self defense skills,

verbal defense skills, and how to determine the “weapons” available to you in your environment. Blocking, striking, and avoidance techniques will be taught as well as how to use your voice to deter an attack.

In this 2 hour course, you will

Women’s groups

Team Building

Men’s organizations

Teachers

Employers

Students

Church groups

FORM YOUR GROUP NOW -YOU CHOOSE THE PARTICIPANTS!!

Group courses are by appointment only with a minimum of 8 and a maximum of 10 participants. Location provided by participants. Weekend and evening hours available. Cost is \$25 per participant (minimum 8) due at start of class. Longer courses available for an additional charge.

Visit us at our website www.BASICselfdefense.net

To set up your training session or for questions:

Call 636-578-3816

email Kfitzger@charter.net