



RJM STRATEGY GROUP

PLAN. PREPARE. PROTECT.



REAL-WORLD SELF-DEFENSE

(IN PERSON ONLY)

With escalations in domestic violence and street crimes in recent years, it's important for adults of all ages to know how to protect themselves no matter where they are. The RJM Strategy Group's Real-World Self-Defense training is designed for those with little to no self-defense knowledge or experience. The first 30 minutes will include instruction on the critical nature of situational awareness and avoiding confrontations and assaults related to domestic battery and street violence. The last 90 minutes will have participants actively learning basic self-defense skills. Program is led by instructors with extensive law enforcement knowledge and experience and supported by both male and female instructors. Participants should be dressed for a light cardio workout.

Participants will benefit from the following:

- Learning the various aspects of situational awareness and how to use them to your advantage.
- Knowing the warning signs of an impending threatening situation and helping minimize your risk.
- Gaining confidence and learning self-defense skills that can be used immediately.

TAMBIÉN TEMENOS INSTRUCTORES DE ESPAÑOL.

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