



A.R.M / Active Response Method for Self Defense

Real violence can occur in almost any modern-day scenario. It is fast, dynamic, and chaotic. It is NOT what you see in the movies, or learn about in most martial arts classes.

When you are confronted, do you have time to call for help? Can help reach you in time? As high as 90% of attacks start and ends within the first seconds to minutes of the confrontation.

Personal Protection Workshop

Our Personal Defense Active Response Method (ARM) has the answers. All Self Defense essentials are covered in this program

Who is this for?

This program is for everyone, 16 years of age and above, male or female. This program will be particularly useful for people who want to learn how to protect themselves and their family in a dangerous situation.

Do I need any experience?

Prior training or experience is not needed, all you need is comfortable clothes, and an open mind. We will provide the rest.

What will I learn in this workshop?

This is a streamlined version of KAPAP ACADEMY's Self Defense and Personal Protection program that includes the use of the tactical flashlight - a legally carried tool applicable for self defense use. You will potentially end the encounter faster because you now have an impact tool, force multiplier and a visual impairment device. Because of these reasons, you only need a down to earth, realistic, pragmatic and to the point program that will cover the essentials.

We will teach you:

- Situational Awareness - What it is, and how does it help us?
- How to identify a danger signs and body language
- How to handle violent street confrontation
- Understanding the Startle response reflex and converting into a tactical reaction
- Biomechanical advantage using posture & structural integrity
- Learn to access the tactical flashlight, and deploy the tool effectively for defense
- Scenario drills

At the end of this workshop you will leave with more confidence and knowledge in handling and protecting yourself in potentially violent confrontations.

Note: The T6 Tactical Flashlight is yours to keep at the end of the workshop!

PRICE: \$95.00

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