



Did you Know that...

- A women is assaulted every 15 seconds
- A murder is committed every 45 minutes
- More than 600 women are assaulted or raped every day.
- More than 3 Million Crimes go unreported every day.

Do you feel confident that you could defend yourself if confronted by an attacker?

DON'T BE FROZEN IN FEAR

FIGHT BACK

WOMEN'S SELF DEFENSE SEMINAR

- NYS Laws regardubg Self Defense
- How to avoid being a target
- How to handle a confrontation
- Important Tips on how to Be Safer
- Effective Self Defense Strikes
- Utilizing Flashlight & Pepper Spray
- Escape from grabs and Chokeholds

Tel: 212-379-6442
352 7th Avenue, Suite 803, New York, NY 10001

All participants receive a Personal Defense Flashlight or Pepper Spray!

Instructors are Active and Retired
Law Enforcement and Personal Security Professionals




Fight Back !

Women's Self Defense Seminar

Why take this class?

Because violence against women and girls is one of the most widespread violations of human rights.

Sexual assault, domestic violence, stalking; the violence cuts across all boundaries of age, race, and culture. Anyone can be targeted.

We will teach you how to protect yourself against violent attacks that may occur in almost any modern-day scenario. Most importantly, we will help you increase your situational awareness and tactical reasoning in order to avoid dangerous situations.

Every two and a half minutes, somewhere in America, someone is sexually assaulted. Women are the primary victims of rape, and 9 out o 10 rape victims were female.

Our Women's Self Defense Seminar is designed to enable you to successfully protect yourself in case of an attack.

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
- How to use the Tactical Flashlight as a force multiplier
- Scenario drills
- Punches & Strikes
- Kicks
- Escapes from Grabs and holds

Winter Promotion
price: \$65

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

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

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