

Train 10 Weeks for 10 Seconds!

The average attack (versus “fight”) lasts less than 10 seconds. By this time someone has gained an advantage. Given the “element of surprise” nature of an attack, will this be “you?” Come join us for 10 weeks as we look at five basic scenarios of what those 10 critical seconds “could” look like:



Weeks 1-2

Defense against a single, unarmed attacker

Weeks 3-4

Defense against multiple, unarmed attackers

Weeks 5-6

Defense against a knife, you being unarmed and you also having a knife

Weeks 7-8

Defense against a single attacker with a gun to various body angles

Weeks 9-10

Defense from both seated and ground position

The purpose is to provide a realistic idea of what these critical scenarios could look like; of course knowing that there could and would be variables. Since this is an “introduction” to this type of training, the pricing will be introductory as well. Classes will be Mondays and Wednesdays, 7:30-8:30pm at Trophy Fitness in the Quadrangle area of Uptown.

Price: \$100 for all 10 weeks!

Attire will always be casual so workout type clothing is suggested, especially given the summer heat as well as the fact that most sessions will be conducted on sidewalks, the street, parking garage, etc (where most actual attacks occur).

For further information or to register, contact Jeff McKissack, program instructor
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