



EMPOWER
the GIRLS

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Empower the Girls We Love: Personal Safety Training 101 4-Hour Course

Empower the Girls We Love: Personal Safety Training 101 is a dynamic and interactive training program geared toward all women, with a focus on high school and college aged girls. This 4 hour program is an excellent way to build confidence, raise awareness, learn how to avoid dangerous situations and provide practical self-defense skills to protect personal safety and manage physical confrontations. The program is fast-paced, exciting and easy to follow, no matter age, size or ability.

Benefits:

- Increased overall safety, skills and habits
- Increased confidence to effectively handle threats and/or violent encounters
- Reduced fear & stress
- Increased ability to protect oneself
- Increased likelihood of a positive outcome and reduced risk of becoming a victim
- Increased ability to respond to situations

Method of Instruction

Lecture, demonstration, student participation and practical exercises

Objectives

1. Learn to be proactive about personal safety to minimize the risk of becoming a victim.
2. Learn how to manage fear and anxiety during stressful situations.
3. Learn, practice and master skills to use when threatened.
4. Learn how to evaluate threats and possible options.



Outline

1. Introduction

- a. About the Program
- b. Current Relevant Statistics (s)

2. Lecture and Practical Demonstration

- a. Introduction: Levels of Awareness, Listening to Intuition, Having a Plan, Know Options
- b. Mental Conditioning & Practice (prepare the mind & body, have a plan)
- c. Personal Space (the area others are not expected to intrude)
- d. Principles used to avoid and/or win a conflict
 - i. Principles of Reactionary Distance (the reaction time of the mind)
 - ii. Principles of Center (where our strength is located)
 - iii. Principles of Diversions/Distractions (used to avoid conflict and escapes)
 - iv. Body Language Skills (eye communication, gesture, & posture)
 - v. Principle of Balance
 - vi. Principles of Mass vs. Velocity (the power of speed versus mass)
 - vii. Principles of Shock Wave Energy (the transfer of energy)

3. Application of Techniques: Demonstration and Student Participation

a. Introductory Phase:

Explanation of the skills, the steps involved, the purpose, and the results to pursue.

b. Practice Phase:

Student will have the opportunity to practice the skills and receive feedback.

The techniques to be shown and practiced are:

- I. Frontal & Rear Strangulation Response (defense options and escape)
- II. Wrist Grab Response (defense options and escape)
- III. Weapon Threat (defense options and escape)
- IV. Use of Floor/Ground Response (defense options and escape)
- V. Response to Active Shooter (defense options and escape)
- VI. Control the Threat Response (defense option and escape)
- VII. Attack the Attacker (when escape is not possible)
- VIII. Date Rape Drugs

4. Review of Techniques, Question and Answers

5. Class Evaluation