Rape Awareness / Prevention Class

A One Day (6 hour) training course focused on enhancing basic abilities in positional awareness and reactive responses to hostile situations/threats.

This is a FEMALE only class, for ages 16 and up, the class will rely on a “KISS” approach; students will practice verbal and physical techniques in prevention, awareness and self-defense. There is lecture, group discussion, hands on exercises and simunition training. This course is specifically designed to instill confidence and build skills developed with emphasis set on real situations.

Pre-requisite: Female, 16 or above.

The following topics will be covered:

- Fundamental basic safety
- Fundamentals of awareness
- Natural reactions
- Mental conditioning
- Developing tactical awareness
- Threat assessment
- Methodology of threat distance
- Induced stressed environments
- Action vs. Reaction
- Basic defense skills
- Location awareness for:
- Car- Threat assessment
- Home- Threat analysis
- Work – Threat management
- Tactical skills/Learned skills
- Time importance

Course duration: 1 day (6 hours)
Course tuition: $125.00

Student requirements: Appropriate attire (there will movement and defensive exercise) bring your normal carry purse, your normal carry chemical irritant if any, sneakers or soft sole shoes. Water and hair bands/tie if you long hair.

Optional – N/A (NO HANDGUNS!)
Recommended equipment: See above
Ammunition requirements: N/A