

SELF DEFENSE FOR CHILDREN

SELF-DEFENSE FOR CHILDREN is the most important course that DEFENDER SOLUTIONS has to offer. There is nothing more important than our children's personal safety. Out of necessity a simple effective self-defense program has been developed for children to combat the adult predator. Our youth have an astounding amount of untapped stored energy that when unleashed in a determined manner, can be very difficult to control by the unsuspecting predator. Children must be taught to fight back "immediately" at all cost.

SELF-DEFENSE FOR CHILDREN covers topics such as:

- ◆ **AWARENESS/ AVOIDANCE**
- ◆ **STRANGERS/ PREDATORS**
- ◆ **BULLIES**
- ◆ **FIGHTING**
- ◆ **TRAVELING**
- ◆ **-ON FOOT (ALONE)**
 - **ON BICYCLE**
 - **IN GROUPS**
 - **IN SCHOOL BUS**
- ◆ **AVOIDING**
 - **GANGS**
 - **VANDALISM**
 - **SMOKING/DRUGS/ALCOHOL**
- ◆ **VULNERABLE TARGET AREAS OF THE BODY**

Topics and techniques are instructed without scaring the "child" out of them. This course for children is taught free of charge and the child's parent/legal guardian must be present at the time of instruction.

Course duration is approximately 2-3 hours.

ASK ABOUT OUR "DO THE RIGHT THING" SPEAKING SEMINARS FOR KIDS.