

SELF-DEFENSE FOR SENIORS

SELF-DEFENSE FOR SENIORS is a relatively unknown discipline that gives the elderly person a fighting chance. Often criminals/aggressors view the elderly as “easy” targets and in some cases they are. The criminal also underestimates the wisdom, cunning and desire to survive that our seniors possess. The low impact techniques presented in this course are designed to minimize the effort while maximizing the effect.

SELF-DEFENSE FOR SENIORS cover topics such as:

- ◆ **PRESSURE POINTS**
- ◆ **NERVE CENTERS**
- ◆ **FINGER/ EAR LOOKS**
- ◆ **VULNERABLE TARGET AREAS OF THE BODY**
 - **NON-LETHAL ALTERNATIVES**
 - **PEPPER SPRAYS**
 - **TASER (STUN) GUNS**
- ◆ **THE USE OF ENVIRONMENTAL OBJECTS FOR DEFENSE**
- ◆ **FIREARMS CONSULTING**

This course is free of charge to seniors 60 and over.

Course duration is approximately 2 hours.