

Defensive Tactics and Tips for home, work, families and travel  
*“You will discover which tactics are specifically Best for You.”*

# **Full-Force Self Defense<sup>®</sup> for Women Level 1 Workshop**

**Date:** Saturday, January 22, 2011

**Time:** 1:00 – 3:30 pm

## **The Four Keys of Safety:**

1. Know the enemy
  - a. How predators “interview” their victims. Don’t be an “easy target”.
  - b. How predators manipulate their victims by using ploys, tricks and lures.
  - c. The First and Second Crime scene.
2. Preventative strategies and tactics
  - a. The Five levels of Mental Alertness.
  - b. The Threat Assessment and Use of Force Matrix.
  - c. Defensive Tactics and Tips for home, work, families and travel.
3. The Survivor Mindset
  - a. How to take immediate and decisive action to Survive and Escape.
  - b. How to turn your fear into action.
  - c. The “Mother Bear this-ends-now” attitude. How to have Fighting Spirit.
4. Physical defensive tools and skills
  - a. How to create physical boundaries and use verbal directives.
  - b. How to escape from various grabs.
  - c. How to effectively block or evade a strike.
  - d. How to throw a Full-Force strike to disable the attacker.  
These will be practiced on training shields and pads.

**All training drills will be geared towards the skill and energy level of each participant.**

**\$39 per person if pre-registered**

**(\$49 if registering on the day of workshop)**

This is an excellent, hands-on workshop for people that work at night, travel, or for your dating, or college-bound daughter.

**Maximum of 20 students. Ages 13 and older.**

This workshop is based on Self-Defense principles that are simple, powerful and effective. No prior training is necessary.

Mark Moy is the Head Instructor of Moy’s Kung-Fu & Tai-Chi Academy in Vancouver, WA. Mr. Moy is also the Director of Self-Defense Professionals and has taught Martial Arts for over 20 years.

**Mark Moy’s  
Kung-Fu & Tai-Chi Academy**

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