

**SELF DEFENSE™**  
FOR THE **PEOPLE**



## Self Defense For The People: Living Safely in an Urban Environment

### Target Audience:

"Everyday working professionals working in technology, finance, hospitality, retail, and other urban industries."

### Needs Assessment:

It is clear that there are increasing instances of harm to everyday people in all walks of life at any given point or time of day. The first step in addressing this concern relates to creating a culture of awareness and knowledge while simultaneously delivering a practical skill set to the everyday individual.

The "Self Defense For the People: Living Safely in an Urban Environment" course series endeavors to present and simplify what constitutes and is defined as self-defense and personal safety and places it in the context of our everyday lives with presentations by knowledgeable educators in the field by covering topics pertinent to everyday situations. By sharing our content, the course creates a foundation enhancing and enriching not only our personal safety, but also those close to us.

### Course Objectives:

Upon completion of the "Self Defense For The People: Living Safely in an Urban Environment" participants will be able to:

- Address knowledge and competency gaps in daily personal safety.
- Be comfortable to attempts at verbal de-escalation of confrontational situations.
- Apply a basic physical skillset to avoid and minimize physical threats.

### Progression of Classes and Areas of Focus:

1. *Class I: "Walk Before Running"* : Basics of evasion drills
2. *Class II: " " All I Want To Do Is Get to Work"* : Waiting at bus, train, shuttle stop; close quarter defense
3. *Class III: "We Need to Talk"*: Verbal de-escalation tactics
4. *Class IV: " I Want To Go Home"*: Going to the car, leaving the office at the end of the day
5. *Class V: " I Need A Drink"*: Safety after work, leaving and entering social scenes
6. *Class VI: "A Walk Down Sesame Street"* : Safety traveling with your kids
7. *Class VII: " Check Your Pockets"* : Using everyday items for self defense.

Self Defense for the People™ by My Occupational Defense, Inc.

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