

P3 ACADEMY

PERSONAL PROTECTION PRINCIPLES

CONFIDENCE • SAFETY • PEACE OF MIND • SUCCESS

Personal Defense Introductory Course

Level 1

- Setting Up Your Foundation for Confident Defense - Mental, Emotional, & Physical Fitness
- Recognizing Potential Hostile Actions and Communicating Assertive Confidence
- Owning Your Space and Choosing to Defend Your Values - Real-World Scenario Focus
- Proactive Conflict Resolution - Freedom to say NO
- Basic Unarmed Defense Strategies for Self and Family
- Defense from Arm-Holds, Choke-Holds, Pressure Points
- Disarming Blunt, Bladed, and Ballistic Weapons
- Non-Lethal Subduing Strategies

WHERE: 535B North Birdneck Rd Virginia Beach 23451

WHEN: TBD

WEAR: Sportswear (Dri-Fit cardio, Yoga Pants, etc.) and any support gear needed

PREPARE: Come rested and hydrated but DON'T eat right before the training sessions

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