

# P3 ACADEMY

PERSONAL PROTECTION PRINCIPLES

**CONFIDENCE • SAFETY • PEACE OF MIND • SUCCESS**

## Training Packages

### **Personal and Home Protection Introductory Course**

Level 1

#### **Part 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
- Non-Lethal Subduing Strategies
- Defense from Arm-Holds, Choke-Holds, Pressure Points
- Clearing Your Living or Work space Threats
- Information Technology Protection
- Collective Community and Neighborhood Strength

### **Intermediate & Customized Follow-On Courses**

Capitalize on Your Protective Experiences to Create Success • Assertive and Responsive Driving Techniques

Immediate Medical Response • Natural and Man-Made Disaster Survival • MUCH MORE!

**Each standard course runs in 3 hour blocks with hands-on skill testing.**

**You can schedule each block individually, or take them back to back.**

**COURSES ARE LIMITED - GET STARTED TODAY!**

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