



Self-Defense and Situational Awareness Class



Please join the Self-Defense Consultants for a self-defense and situational awareness program hosted for **The Philadelphia Chapter of The Association of Legal Administrators**. Our team will orient and train you on best practices for real-world scenarios.

Joining us will be Master Michael Aliberti, Master Chuck Davis, and 2nd Degree Black Belt Dave Ahlzadeh. Our instructors have over 65 years of combined martial arts experience. This class will take a common-sense approach to self-defense and participants will learn best practices and how to defend against the most common type of attacks. Please note that participants do not have to be athletic to benefit and learn from this session.

Wednesday, October 18, 2017 (5pm to 8pm)

2000 Market Street, Philadelphia, PA 19103

Lower Level Conference Center

- Situational awareness readiness review – classroom session
- One on one interaction with our instructors on hand and grab techniques
- Group drills on basic strikes using our safe “padded” equipment
- Practicing what you learn in the context of real-world scenarios
- Learn how to avoid, escape and survive!
- Question and Answer session

Please wear a comfortable shirt, jogging pants and your favorite sneakers

Please do not wear jewelry

~ Space is limited to the first (20) attendees ~

Self-Defense Consultants – Self-Defense for Everyday People that Works
www.self-defenseconsultants.com