

Be Your Own Body Guard

Rape Defense

This course is designed to be a private course hosted for private companies or organizations. It has a combination of lecture and scenario based training. The student will learn the predator prey relationship and be able to apply concepts to their everyday life. The student will learn fear and confrontation management. The course encompasses a series of stress inoculation drills, and should be considered a hand to hand self defense type course. Protective equipment is used during scenario training for safety and to ensure a sense of realism.

Restrictions: Open

Students: 4 Minimum / 20 Maximum

Duration: 8 hrs (can be taught in two 4 hour blocks)

Cost: \$250 per student (Large group costs available)

Course Contents:

- S.P.E.A.R. System Fundamentals
- Fear/Confrontation Management
- Predator Prey Relationships
- Reality Based Scenario Training
- Threat recognition
- Defense against attacks
- Self Defense weapon options
 - ✓ Taser
 - ✓ Pepper spray
 - ✓ Keys

Equipment Requirements:

- Workout Clothing

Reserve your Seat: [Training Application](#) or contact HTSG [Training Section](#)