



GOLDEN EAGLE TRAINING & SAFETY

Personal Safety & Self-Protection Course Description

The Personal Safety & Self-Protection course was designed by Golden Eagle Training & Safety to offer to individuals' information and techniques to protect themselves when about to be or assaulted by another person. The course covers clues and signs to watch for when an attack is about to happen. The techniques taught by GETS are simple to learn and easy to perform under stress. GETS believes that if a technique or method of self-defense is difficult to learn and perform, the technique will be difficult to do under stressful situations. The course is designed for all individuals, females, males, young, middle aged or elderly.

Course Content:

- *The ability to notice non-verbal clues or physiological intimidation watch for that might predict an assault.*
- *How an individual can escape or avoid a physical assault.*
- *Where places are the most acceptable to assaults.*
- *How to quickly spot barriers and areas of protection in those places.*
- *Numerous simple techniques to escape from an assault.*
- *Areas on the attacker's body that are vulnerable for effective strikes or kicks.*
- *What to do in after surviving an attack.*
- *Simple non-lethal techniques that are easy to perform under high stress.*
- *How to maintain a reactionary gap.*
- *When to retreat from an attack response.*
- *Effective and simple hand-to-hand combat techniques.*
- *What items that a person carries is available to them for self-defense.*
- *The course requires the participant to wear loose clothing to be able to perform some of the techniques. The participant will be able to choose what techniques work best for them and the most effective.*