



# Self-Defense and Situational Awareness Class



Please join the Self-Defense Consultants for a self-defense and situational awareness program hosted for **Salem County Vocational Technical School**. Our team will orient and train you on best practices for real-world scenarios.

Joining us will be Master Michael Aliberti, Master Chuck Davis, 3<sup>rd</sup> Degree Black Belt Dave Ahlzadeh and 3<sup>rd</sup> Degree Black Belt Andres Vilorio. Our instructors have over 75 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.

**Monday, April 23, 2018 in the SCVTS Cafeteria**

**\$60.00 Per Student**

*Payment due in advance by 4/16/2018, cash, check or money order mailed to:*

*Self-Defense Consultants, 7 Skyhook Circle, Deptford NJ 08096*

**\*3:30pm to 6:30pm (please arrive 15 minutes early)\***

- 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 (24) attendees** ~

*Self-Defense Consultants – Self-Defense for Everyday People that Works  
[www.self-defenseconsultants.com](http://www.self-defenseconsultants.com)*