

## PERSONAL PROTECTION SERIES

### LEVEL 5 - HOME SAFETY

DURATION: 4 hours



#### INTRODUCTION

We acknowledge the importance of survival skills in this fast paced, dangerous world that we are living in. We insured our home, car and our properties. A valuable insurance that we often ignored or overlooked. It seems not only for our personal safety but that of our family and love ones as well. **Awareness** and **surveillance**, are the most important thing in self defense without it life is like walking in an empty shell. If we can harmonize and understand the environment, terrain and surroundings we can ensure a safer world to survive in.

#### OBJECTIVE

This Personal Protection Program/Self Defense Program is designed to give participants the ability to be aware of their daily surrounding where potential threat could happen. It is also designed to empower participants with skills and knowledge such as:

- Mentality
- Alertness
- Self confidence
- Progression
- Threat assessment

It also increases your awareness level and inner self to discover creative ways to escape from dangerous situations.

#### BENEFITS

Upon completion of this program, participants will be able to:

- defend themselves against perpetrators
- empowered with skills and ability to identify a threat

- aware of the surroundings
- handle the situation calmly when under stress
- escape creatively without escalating violence.

In addition, participants will be able to have a clear mindset in their daily life as in a different environment such as when working alone, shopping, in a car park, while driving and be mentally prepared before any threat happens.

## **KEY CONTENT**

### **LEVEL 5 - HOME SAFETY**

- Situational Awareness
- Type Of Attack
- Understand Possibilities Of Home Attack
- Defense Against Robbery
- Defense Against Rape
- Defense Against Assault
- Learn How To Survive A Real World Threat Avoiding Fighting Back When You Can
- Learn How To Protect Themselves And Their Love Ones