



Frequently Asked Questions

Q. *I don't know any martial arts. Is this program something I can learn?*

A. The program is designed for ANYONE to learn. We teach you natural, instinctive things you can do to avoid and get out of dangerous situations.

Q. *I am not big or strong. How can I learn self-defense?*

A. Self-defense is not a matter of strength. We teach four-year olds how to escape from an abductor. The key is understanding how to make it "inconvenient" for somebody to attack, or continue to attack. Anyone of any size can learn the secrets of this approach.

Q. *Is this program more suited to males or females? What about age Range?*

A. Our program teaches you how to defend yourself regardless of whether you are male or female, young or old. Everybody has natural instincts and weapons available to them that will make it inconvenient for an attacker. Our instructor Xavier Smith walks you through specific scenarios and how to handle them, with specific tips as needed for your situation.

Q. *I have prior experience with martial arts. Is this program too basic for me?*

A. Probably Not. Martial arts programs are filled with ritualized "forms" and theories. It is the rare program that distills the practical aspects of self-defense into a useful, effective program. We have done that for you.