



# Tactical Awareness & Combat Techniques

## Active Workshop and Seminar

**TACT for Personal Protection** is a program that offers dynamic “release and escape” self-defense for those looking for a highly effective personal, street focused self-defense method for men and women over the age of 14. Learn the skills of assertiveness and intuition and practice the tricks of dirty fighting that are combat proven and effective against large aggressive sub-

# Be Your Own Bodyguard

### What you will learn

- Creating impact
- Escaping from holds, grabs and chokes
- Escaping from the ground fight
- Pressure point skills
- Surviving the sucker punch
- Defence against guns
- Defense against knives
- Defending from a push, punch or kick
- Dealing with aggression
- Understanding pain compliance
- Forms of violence
- Your natural ability to defend yourself
- Stats, crime rates and myths
- Giving yourself permission to hurt others
- Understanding the predator
- Intuition training
- Assertiveness training
- Predatory behaviours and processes
- Predicting violence
- Pre-incident indicators
- Fear management
- Combat ready non-threatening postures
- Five levels of awareness
- Defensive strategies
- Reactionary Gap

- Survival stress
- Understanding the legal side
- The art of fighting dirty
- And much, much more

TACT relies on gross motor skills that are easy to retain and do during high stress combat situations.

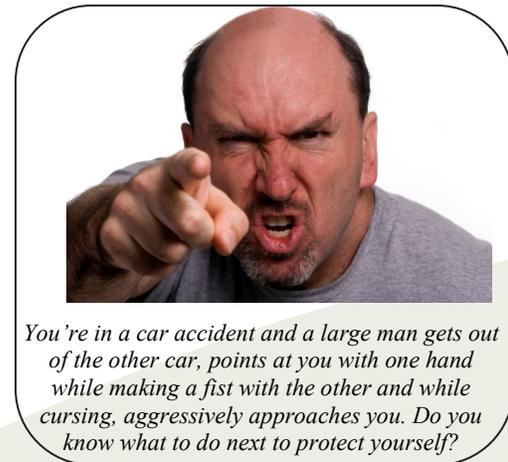
Our focus is on providing a window of opportunity to escape the violent encounter not how to hurt others or exact your vengeance.

Be warned we may be examining video or photos of street violence.

What's the number one thing that wins a street fight 93% of the time? What one thing increases a person's survival rate during an attack? If you could only have one thing, would you rather have street psychology (mental self-defence) or physical skills? Is it possible for a 125lbs person to defend against a 250lbs violently aggressive male predator?

If you are not sure about these questions you need our workshop now.

Be your own Bodyguard and your families bodyguard today!!!



**Where: North Woodside Community Centre**

230 Pleasant Street, Dartmouth, NS

**When: Monday, Jan. 9, 2017; from 7:00-8:30**

Monday nights for ten weeks (15 hours)

**Price: per person: \$60.00 per person**

**Be sure to check our videos on our website**

Class size is limited so book now.



### Clothing:

No martial arts uniforms.  
Workshop will be done in street clothes.  
Bring a snack and something to drink.

*“Better to sweat in training then to bleed in battle”*

*-Motto of the Navy Seals-*

[www.budocentral.com](http://www.budocentral.com)

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### TACT



<http://www.budocentral.com> click on TACT

Pay by major Credit card or Paypal on our website or drop off cash or check to our club. Make cheques or money orders payable to “Budocentral” and mail to:

### Budocentral Martial Arts

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125 Ave Du Portage  
Dartmouth, NS  
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Or visit our club is at the  
North Woodside Community Centre  
230 Pleasant St, Dartmouth, NS,

Please call for more info ▶▶▶

Register at [www.budocentral.com/tact/tact-registration/](http://www.budocentral.com/tact/tact-registration/)