

## “We’ve Been There...”

Since 2007 TAC\*ONE Consulting has held numerous active shooter training courses to prepare school districts and law enforcement throughout the United States to effectively respond to an active shooter situation. Over the years word of mouth has spread, allowing us to continue to expand and enhance our programs.

# TAC\*ONE Consulting

*Rapid Response to the  
Active Shooter*



# Self Defense / Personal Protection Class



## “Real World” Self Defense Course

This course will cover situational awareness, mental preparation and mind set. All instrumental in avoiding /preventing dangerous situations before they occur and effectively dealing with them if the event they do occur. This 5 hour course will help you implement and effective and well rounded personal protection strategy into your daily lifestyle. Learn from those who have been involved in violent encounters and who have investigated numerous assaults.

### **During this 5 hour course of instruction attendees will learn:**

- Tips to avoid a violent confrontation
- Mental aspects of being attacked
- Survival on the ground
- Defense against the most common strikes, grabs, holds and chokes
- How to disable your attacker using your strengths to their weaknesses
- Weak points of the human body and how to exploit them
- Key aspects of self defense
- Weapon defense

# Self Defense / Personal Protection



Learn basic self defense techniques that work!

Learn tips that will increase your safety on the streets, in your car and in your home!

Learn how to defend yourself against someone bigger and stronger than you!

Have a great time while improving your personal safety plan!

Refuse to be a victim. Gain the skills necessary to control the outcome of an attack!

Cost: \$75.00 per person

Date: May 5<sup>th</sup>, 2018 10:00 AM– 4:00 PM

Location: 5770 Clarkson St. Unit E  
Denver, CO 80216

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