

Seminar Summary

This class has been very well received, due to its common sense approach to self-defense. Participants will learn how to defend against the most common attacks, but more importantly discuss and practice the common sense methods of avoiding confrontations altogether.

This is a GREAT class for mother-daughter teams, especially for those ladies who will be heading to new jobs, or college campuses for the first time.



Mr. Caudill instructing a recent participant.

Bluegrass Budokai
26 North Main Street
PO Box 4093
Winchester, KY 40392-4093

Be Safe©
Self-Defense
Programs

Women's Self-Defense



Bluegrass Budokai

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Women's Self-Defense

Thank for taking the time to look through this brochure regarding our **Be Safe**© self-defense programs.

We have built quite a reputation among our colleagues as having one of the best self-defense programs available today. The foundation for the program was built upon a strong understanding of martial arts and defensive tactics for law enforcement and military personnel training.

Recognizing that self-defense, especially for women, is not within this scope of training, we developed a very common sense approach to self-defense. No previous training or experience with martial arts, or other self-defense methods are needed to practice and easily comprehend our highly effective method of self-defense.

Our programs have been widely accepted and featured throughout our surrounding area in local newspapers and television news.

Please contact us at anytime, to discuss this course further or to set up a schedule on our ever-growing calendar of events.

Sponsorship

Typically our seminars are held free of charge to the participants and sponsored by a host organization. Those listed in the column to the right are a few of those that have held a seminar or hosted us at their facility. Our fee is very small, compared to similar training (this fee is based upon the number of attendees) We also hold these seminars once or twice a year at our beautiful martial arts headquarters in Winchester, Kentucky. Please contact us to get on our mailing list so you can be notified of these seminars.

Class Details

The class is built upon the simple fact that there are five vulnerable areas on the human body, that cannot withstand attack and we have 5 "weapons" (which are simply your own body parts) on us at all time. Our professional instructors will guide you in how to utilize these weapons in the standing, lying down and sitting positions. We will also discuss situational awareness and observation skills to assist you in avoiding confrontations altogether.



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