



# IMPACT

personal safety

## WEST HOLLYWOOD

absolution workout complex

8535 Santa Monica Blvd, West Hollywood

\*all classes at absolution unless otherwise noted

INTRO WORKSHOPS CO-ED	BASICS COURSES WOMEN & TEENS	BASICS COURSES KIDS
Saturday Afternoon May 30 3:00 pm – 6:00 pm  Sunday Morning June 7 9:00am – 12:00pm  <b>Fight Nights (in the afternoon)!</b>  Saturday Afternoon 3:00 – 7:00pm June 6  Saturday Afternoon 3:00 – 7:00pm Aug 1	Sunday Mornings Apr 19 – May 31 (Skip Memorial Day weekend) 9:00 am – 12:30 pm <i>Graduation: May 31, 10:30 am</i>  <b>INTENSIVE</b> Sat afternoons 3-7pm & Sun afternoons from 1-4:30pm July 11-26 <i>Graduation: July 26 2:30pm</i>  *Basics at Troupe HQ June 6 – July 18 (Skip July 4 <sup>th</sup> Weekend)  <b>Men's Course</b>  <b>Men's Basics</b> Saturday Afternoons April 25 – May 16 3:00pm – 7:30 pm <i>Graduation: May 16, 4:30pm</i>	Sunday Mornings June 21 and 28 9:00 am – 12:00pm <i>Graduation: June 28, 11:30 am</i>  <b>ADVANCED COURSES WOMEN &amp; TEENS</b>  <b>*Weapons at Troupe HQ</b> Sunday Afternoons May 3 – June 14 (Skip Memorial Day weekend) 1:00 – 4:30 pm <i>Graduation: May 31, 2:30pm</i>  <b>Advanced</b> Sunday Mornings July 12 – Aug 9 9:00 am – 12:30 pm <i>Graduation: Apr 5, 10:30am</i>

**Schedule subject to change**

**Please call for more information: 310-360-1096**

**IMPACTpersonalsafety@gmail.com**

**www.IMPACTpersonalsafety.com**

We conduct on-site programs at corporations, for community organizations, and schools. Our curriculum has expanded to address workplace sexual harassment, leadership training, communication skills, teamwork and bonding. We offer workshops for women, men, teens and children, all featuring realistic scenario training.

Call our office for more information on scheduling your own private training.

## **Who is IMPACT Personal Safety?**

We are an organization offering personal safety and assertiveness training. People often recognize our fully padded mock assailant and know our 20-Hour Basics Course for Women. We also offer courses to address workplace sexual harassment, leadership training, communication skills, teamwork and bonding, workshops for men, teens and children – all featuring realistic scenario training.

## **What type of self-defense do you teach?**

Our goal is to empower individuals to make effective personal safety choices. In an emotionally supportive environment, you will practice both verbal and physical skills with our fully padded mock assailant. With this unique physical training method you can deliver full force, full contact, knock out blows to vulnerable areas on the padded assailant's body in dynamic, interactive fights. Training includes verbal self-defense strategies practiced in role playing scenarios in a variety of contexts – dealing with strangers and people you know.

## **What will I learn?**

You will learn the most common ways individuals are attacked as well as the strategies and psychology of assailants. Classes prepare you mentally and physically to handle the full range of challenging situations we all face in our daily lives, including the danger of extreme circumstances. You will learn how to:

- Avoid danger by heightening your awareness
- Shorten your body's natural "freeze" response
- Capitalize on your adrenaline rush
- Assess situations quickly and respond decisively

## **What other benefits will I receive?**

The benefits of the class go beyond learning how to stay safe or how to intervene in a potentially violent encounter. Our graduates report positive effects such as:

- Greater general awareness and confidence
- Increased self esteem and assertiveness
- Ability to communicate clearly and directly
- Creative and flexible problem solving skills
- More focus and effectiveness at work
- Calm, clearheaded thinking during stress or crisis

## **IMPACT Women's Basics Course**

This comprehensive 20-hour program covers a wide range of personal safety skills including physical skills, verbal strategies, and awareness and avoidance skills. The program also covers psychological strategy and mental readiness. All skills are practiced in interactive scenarios enabling students to learn to deal with the "freeze response" and to assess a situation and respond quickly and appropriately while in the adrenaline state. Physical skills are practiced full contact, full force against fully padded instructors trained in recreating common assault scenarios.

## **IMPACT Men's Basics Course**

Using the same teaching philosophy as the Women's Basics Course, including full-contact, full-force training scenarios, this program emphasizes skills which men need to protect themselves. Physical skills, verbal strategies and psychological readiness are geared specifically for men. Practice scenarios are contextualized for the types of assaults for which men are most likely to be targeted.

## **IMPACT Intro Workshops**

In this hands-on, one-session workshop, students will learn and practice a selection of skills covered in the Basics program. Participants will practice verbal and physical strategies with fully padded instructors and learn street smart behaviors and awareness skills that can help them avoid being targeted for assault. This program is an ideal way for community groups and corporations to offer our programming on-site.

## **IMPACT for Kids – 6 – 12 years old**

This program teaches children the basics of how to stay safe with strangers and with people they know. The class emphasizes safety concepts about being alone, how to keep a safe distance from strangers, and how to strike and flee to safety, if necessary. Verbal strategies to set and to enforce healthy boundaries are practiced in role-playing scenarios covering a variety of situations including bullying, peer pressure, and unwanted touch.

Note: IMPACT for Kids can be customized and expanded to meet the needs and goals of schools, summer camps, and community centers.