

WHAT DO THEY WANT?

YOUR POSSESSIONS

Just hand them over. Then run as fast and as long as you can. Your life is always worth more than money.

YOUR BODY

To give in or to fight? That's a decision only you can make at the time of the attack. One thing is certain; If you decide to fight, you must do so with total commitment to survival.

YOUR LIFE

To survive you must fight like your life depended on it, because it might just be. Take classes in self-defense. These courses can save your life, if you go to them and focus on learning all that you can.

REGISTER NOW

DOJO:SEIKEN

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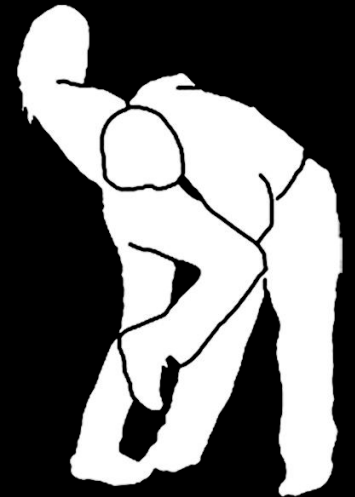


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KNOW OPTIONS



SELF PROTECTION & AWARENESS COURSES

ESSENTIAL NATURAL DEFENSE
by DOJO SEIKEN

DOJO SEIKEN IS PROUD TO OFFER WOMEN'S SELF-DEFENSE AND AWARENESS COURSES

The courses are an introduction to basic techniques that will equip you to avoid, defend, and if necessary be victorious in a violent encounter. The courses will also teach participants the importance of awareness and how to navigate through today's social media saturated world. We take pride in providing a custom approach to each individual student's needs whether they are heading off to College, starting out work or simply desire the empowerment received from learning self-defense.



Some topics covered in the basic course are:

- *Self Defense That Works*
- *Escape Techniques*
- *Simple Situational Awareness*
- *Your Body's natural Weapons*
- *'No Options' Weapons Options*

DOJO SEIKEN offers these courses at your convenience. We can come to YOUR establishment for on-site training or arrange on off-site venue for you. Participants are only required to bring a positive attitude and athletic clothing. All other necessary materials are provided. The courses are an interactive training environment where each student will participate culminating in a final scenario where they will apply what they have learned. The caliber of instruction each student will receive is unsurpassed and unavailable anywhere else.

At the end of the day, ask yourself, are you with **NO OPTIONS** or **KNOW OPTIONS**. For more information on our courses, please contact us at **+6010.801.3656**

OUR COURSES



BASIC SELF PROTECTION TRAINING SEMINARS WORKSHOPS

Self Protection (better known as Self Defense) is self-preservation by whatever means necessary to stop an attack. Self defense can take on many different appearances and forms; it can be simply recognizing and avoiding potential danger, verbally de-escalating and defusing a situation before it turns violent, running away, hiding, or using overwhelming physical force to neutralize an opponent and put an end to his assault as quickly as possible



BASIC S.E.R.E. CAMP SURVIVAL TRAINING CAMP

Survive. Endure. Respond. Excel.
SERE is END's flagship survival course designed to build self-confidence and team camaraderie. The training combines portions of all of END's Fundamentals courses to give participants the skills to overcome real-world challenges while participating in a weekend-long training experience.



BUSINESS CORPORATE SELF PROTECTION PROGRAMME COURSE

Most companies know that they can't afford to have any of their employees become the victim of violence; whether it happens to be on or off the job is irrelevant. Each living cell in the organism that is your company is valuable and significant to the well being of the organism as a whole. Effective self protection is not only a practical and common sense necessity but it is also an important component in helping to ensure the long term profitability of your business as well as making your employees feel more confident, secure, and valued.



INSTRUCTOR TRAINING COURSE FUNDAMENTALS PRINCIPLES SYSTEMS CORE

The 'Seiken' Essential Natural Defense (END) method of self defense is one of the quickest and most efficient self defense. The END Instructor Training Course is a professional instructor development program for those interested in teaching END for personal defense in their communities. The course is designed for self-defense instructors, martial artists, other professionals and members of the public who wish to professionally affiliate with Dojo Seiken.

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