

# HEARTLAND TRAINING TEAM

## *SELF DEFENSE TRAINING*

*FOR SENIORS, WOMEN, THE HANDICAPPED OR ANYONE  
INTERESTED IN PROTECTING THEMSELVES OR THEIR FAMILY.*

### *SOME OF WHAT YOU'LL LEARN*

How to make yourself and your home less attractive to criminals.

What the law says about you and self defense.

The four defensive principles.

How to develop a simple self defense plan that works.

The five essential self defense tools you must have.

Self defense tactics and strategies for the home and outside the home.

Why a non-lethal response to threats can be better than lethal methods.

Self defense tools that will get you killed.

THIS PRESENTATION CENTERS AROUND *AWARENESS, AVOIDANCE, ESCAPE AND DEFENSE*. THE TACTICS AND TECHNIQUES REQUIRE *MINIMAL STRENGTH AND AGILITY* AND THE SELF DEFENSE TOOLS RECOMMENDED ARE *LEGAL AND AFFORDABLE*.

**COURSE FEE: ONLY \$20.00 PER PERSON**

**IMPORTANT:** CLASS SIZE IS LIMITED. EARLY REGISTRATION AND PREPAYMENT OF THE COURSE FEE IS REQUIRED TO ENSURE A PLACE IN THE CLASS. APPLICATION AND FEES MUST BE RECEIVED 3 WEEKS PRIOR TO THE COURSE DATE.

***THE HEARTLAND TRAINING TEAM***

618-995-9586 or [htt@hughes.net](http://htt@hughes.net)