

FREE SEMINAR at Xtreme Fitness -How to Survive a Violent Encounter- Street Fighting Secrets Revealed!

“Don’t Be A Victim, Learn To Defend Yourself!”

By Coach David Alexander (Self Defense Expert)

Sponsored by: Coach Z Training.com

Street Fighting (def.): A spontaneous and violent confrontation between two or more individuals wherein **NO RULES APPLY.**

Learn the 10 Most Devastating, Hand-Picked, Lethal and Non-Lethal Street Fighting/Self Defense Techniques which are the Fastest and Easiest to Learn and Apply + Lifesaving Bonuses!

*“...that was the SCARIEST and MOST INTENSE seminar that I have ever attended...
...it was also the ABSOLUTE BEST that I have ever attended!” Teri R.*

“The best spent 90 minutes of my life...Actually, it may have just saved my life! Diane N.

I feel that I am a Human Weapon after attending this class...Thanks Coach David! Brian S.

“Great lifesaving tools that I hope I never have to use. I feel more confident having learned these skills.” Sean S.

When: Tuesday Night, May 22nd from 6:00p – 7:30p

Cost: FREE to all members and guests!

Where: Xtreme Fitness, 68 Salt Springs Dr. Friday Harbor, WA (off Beaverton Valley Rd.)

***“When you’re in a fight for your life... you better know how to win!”
Coach David Alexander (Self Defense Expert)***

This seminar is Rated R for violent themes and adult language. Must be 16 or older with parents’ permission. Sit & watch or participate, it’s up to you. Dress Comfortable. Limited spots available. Sign up at the front desk to reserve your spot. If you need more info please email Coach David Alexander, coachalexander@gmail.com. Or visit

Coach Z Training.com