

PRIVATE LESSON BOOTCAMP

--Self Confidence through Self Defense--

By Coach David Alexander (Self Defense Expert) Coach Z Training.com

By attending a Life Saving/Confidence Boosting Private Lesson Bootcamp, you will end up with more PRACTICAL and REAL WORLD Self Defense/Self Protection knowledge than most martial arts black belts have learned in their entire lives! So, what happens at a Private Lesson Bootcamp?

- The Top 10 Fighting Myths Exposed!
- Learn and practice 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.
- Philosophy of my B.E.T. "Target Based" Self Defense System and why it is the best system in the world to survive a violent encounter.
- Practice targeting and getting "reactions" to open new targets.
- Chokes & Strangles plus how to avoid getting choked or strangled.
- How to escape the "school yard bully" front and rear headlock.
- Takedowns for the street while you stay on your feet.
- Ground survival for the street (not sport!). How to get back to your feet, quickly, if you find yourself on the ground.
- Practice what to do when your attacker has a knife, gun stick or bat.
- Learn and practice surviving against multiple attackers.
- How to escape the "Worst Position Possible".
- How to escape being mounted with your hands pinned to the ground.
- How to escape being mounted when your attacker is grabbing your throat.
- How to escape being mounted when your attacker is raining down blows to your face.
- How to easily prevent a rape attempt.
- How to win a struggle over a gun, knife or bat.
- Learn how to properly use a knife or club to defeat your attacker. This is an eye opening lesson. If you're learning fancy knife or club moves, you are probably a dead man in a real fight.
- How to use your environment as a weapon.
- Plus Much, Much More...

BONUS #1

"Old School" Close Combat WW2 moves that are still effective today.

BONUS #2

I will show you a technique that will force your attacker to release any front side or rear side bear hug.

BONUS #3

I will show you several "Non-Lethal" techniques that will force someone to release any hold.

BONUS #4

Are pressure points real? Is there such a thing as a "Death Touch?"

BONUS #5

Q & A: I will answer all the questions you may have concerning Self Defense, Mixed Martial Arts, Strength & Conditioning or Weight Loss.

Private Lesson Bootcamps are by appointment only and last between 3 to 4 hours depending on questions and how quick you or your small group picks up the information. The price is normally \$200 per person but for a limited time, I am running a "Locals Only Special, Save up to \$600!" for just \$199 for up to four people (cash or trade). Take all the time for yourself or split the cost with friends and family. If you have any questions, comments or would like to schedule a private lesson then please email: Coach David Alexander at coachalexander @ gmail.com to schedule your Life Saving / Confidence Building Private Lesson Bootcamp.