

Self-Defense Course Features Simplicity in Safety

A “new” method of self-defense and personal protection has emerged to provide the edge over modern attackers. In fight-or-flight mode, one lacks the calm thinking and fine motor skills to execute martial arts moves commonly taught at your local dojo. In response to the urgent need for simplicity in safety, Damian Ross, author of “Self Defense for Dummies” and founder of the Self Defense Company, has created the Self Defense Training System, turning the martial arts world on its head by delivering critical self-defense skills online and making life-saving self-defense accessible and affordable for everybody.

“Released in 2007, the Self Defense Training System is the easiest, fastest, and most efficient self-defense course anyone can use regardless of age, size, or previous experience,” says Ross. “Free from the traditional martial arts sport and ceremony, the moves and skill sets learned through the SDTS are straightforward tactics engineered for fight or flight mode, drawing from over a century of modern warfare and hand-to-hand combat knowledge. With over 60 hours of streaming training and support, it empowers individuals to defend and protect themselves and their families, with no partners or classes required, all from the comfort of their homes.”

Based on over a century of modern warfare, the Self Defense Training System (SDTS) starts with skills anyone can learn now and use tonight, like situational awareness and making themselves a hard target to help avoid being stalked and set up by a potential attacker.

With over 600 videos of short, easy-to-remember courses, an individual can apply core combat tactics to their everyday situational awareness to

prevent potential needs for self-defensive action and learn the valuable skills necessary for self-defense when evasion is no longer viable.

All-encompassing, the Self Defense Training System covers all the essentials and touches on advanced techniques and conditioning, promoting not just defensive tools but overall fitness and well-being.

According to Ross, through the SDTS, one can discover strategies to make themselves a hard target, heighten awareness of surroundings and potential threats, sharpen self-defense instincts and respond proactively to impending danger, master hand-to-hand combat essentials and defend against all attacks, and learn how to use weapons and defend against them.

Those enrolled can ask questions, which are answered by knowledgeable, certified instructors, and can access live training webinars and events. Those who complete the entire program receive a certificate of completion in addition to the accumulated practice drills, downloadable manuals, and real-world skills.

How effective is the SDTS? Over the past decade, the company has created a track record of success in helping tens of thousands to defend against actual violence. No matter the place, time, or event, being prepared and ready to defend oneself or others is not a luxury. With the help of SDTS, it is easier than ever to be prepared for all encounters and situations. SDTS also offers concealed ballistic protection to citizens, teachers, students, and commuters with its Bodyguard Brand of bulletproof backpacks and jackets.

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The Self Defense Training System is an at-home course that benefits anyone, regardless of age or size.