

FOR IMMEDIATE RELEASE

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Personal Safety Academy Program Offered in Chesterfield, MO

(Chesterfield, MO) -- A series of courses for the nationally recognized **SABRE Civilian Safety Awareness Program** will be conducted throughout 2012, at the training facilities of Defensive Focus, 16401 Swingley Ridge Rd., Chesterfield, MO 63017. SABRE Civilian Safety Awareness Program is from Security Equipment Corporation and offered by Defensive Focus' certified instructors.

Have You Ever Felt Vulnerable?

Have you ever been awakened by a startling sound during the middle of the night? How about the last time you walked across a dark parking lot or felt that eerie feeling while walking to your car in a parking garage? Remember the stranger following too closely behind you? Want to feel more secure and less vulnerable? You can become a victim or you can take control of the situation. If you answered yes to any of the above, then you need to take this program and learn survival skills which may save your life!

What You Will Learn

CSAP will teach you how to avoid dangerous encounters. Unfortunately, all dangerous encounters cannot be avoided; so CSAP will also teach you:

- Safety Awareness Tips
- How to Carry and Properly Deploy Pepper Spray
- Verbal Commands and Presence
- Training Drills with Inert Training Sprays
- Post Deployment Advice
- Simple Self Defense Techniques



Become proficient and accurate when using your SABRE pepper spray by deploying Water Filled, Inert Practice Sprays at Static Targets. Advance your skills by deploying the Practice Spray at your instructor during a simulated attack!

BE SMART – BE READY – BE SAFE!

What You Will Receive

CSAP students will be exposed to three (3) hours of Safety Awareness Information, Tips, Skills and Techniques within an intimate and fun atmosphere. Class sizes will be relatively small allowing your instructor to critique your performance and provide important feedback. Each student will receive:

- SABRE Civilian Safety Awareness Manual
- 3 SABRE Water Filled, Inert Practice Canisters
- SABRE Defense Spray with Quick Release Key Ring
- Survivor Skills for Smart Living
- Certificate of Completion



The 3-hour courses will be conducted weekday evenings during 2012, beginning at 5:00PM, on January 19th, February 16th, March 15th, July 19th, August 16th, November 15th and December 13th, at the Defensive Focus training facility in Chesterfield, MO. These seminars are open to the public. The fee to attend is \$65. More information is available online at <http://www.DefensiveFocus.com>. Persons interested in attending should call Defensive Focus at (314) 774-0372 to reserve seats.