



The Center of Self Defense can also provide you with:

- Lectures, seminars & hands on training
- Corporate educational courses
- Lunch n' learns
- Motivational building retreats
- Scenario Reenactments
- Martial Arts – Several styles
- Self Defense Products
- Training Videos

Please visit our website for these and other services. Contact us directly if you have any questions or would like information on booking a class.

www.centerofselfdefense.com



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CENTER OF SELF DEFENSE
19881 Brookhurst St., Suite C-99
Huntington Beach, CA 92646

CSD mission statement

The Center of Self Defense is an organization dedicated to preventing assault, especially against women and children. By providing education, training, and resources, CSD helps to protect people from predators and raises awareness about the seriousness of violent crimes. The Center of Self Defense has also partnered with several local charities and organizations in our community that serve women and children in need.

Because the bad guys don't just lurk in dark alleys...



CENTER OF SELF DEFENSE

the center of self defense

The Center of Self Defense is a group of certified martial artists with a lifelong dedication to safety and security. We have the knowledge and experience to give you the most comprehensive self-defense training available. Our "real world" approach teaches simple, easy to apply techniques and methods.



One in five women (21%) report they have been raped or assaulted in their lifetime.

The Center of Self Defense offers personal, private or group seminars. We are fully equipped to host classes at your workplace, home or private facility.

contact us

714.210.6484

questions@centerofselfdefense.com

mailing address:
19881 Brookhurst St., Suite C-99
Huntington Beach, CA 92646

class topics

We offer lectures, seminars, and hands-on training in the following subjects at your facility or location:

- **Hostile Workplace Intruder Defense Program**
- **Sexual Harassment Training: AB1865 Compliant**
- **Work Place Volence; OSHA Compliant**
- **Site Risk Assessment / Facility & Surrounding Area Hazard Analysis**
- **Disaster / Earthquake Survival Planning**
- **Pepper Spray / Mace Training**
- **Rape Awareness / Self Defense**
- **Kubaton: Personal Defense Tool, Instructional**
- **Crime Survival Course**

Our qualified instructors will come to your facility or place of business for training with a value second to none.

PEPPER SPRAY TRAINING

Learn the legal escalation of force, DOJ regulations, storage & handling, engaging, spraying techniques and threat assessment. Certification Class



www.centerofselfdefense.com

rape & self defense

Our training empowers people with knowledge, awareness, ability, and confidence.



Host a class that can change or save someone's life. We have seminars suited for every need, and can tailor a class to your specific requests.

Typical topics covered:

- **predator profiles**
- **levels of awareness / conflict clues**
- **statistical information on rapes & violent crimes**
- **offensive & defensive techniques**
- **escapes from chokes, grabs, bear hugs & attacks from behind**
- **simulated scenario re-enactments**
- **non-confrontational options/ conflict avoidance**
- **most common locations & scenarios of assaults**