

## P.S. personal safety

*Personal Safety shouldn't be an after thought.*

If you, or your daughter, or your mother need more information on self-defense and/or the latest self-defense gadgets, schedule your very own At Home Defense party.

We customize the latest information to fit your specific needs, and provide you and your family and friends self-defense tips and strategies!

Learn with friends in a practical, realistic atmosphere!

Call today for a customized program!

1-248-569-6831



*Universal Protection*

Address Correction Required

At Home Defense  
12306 Woodbine  
Redford, MI 48239

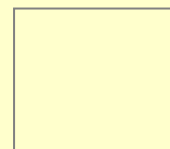


## At Home Defense

12306 Woodbine  
Redford, MI 48239



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Phone: 248.569-6831

Web site: [www.mtacusa.com](http://www.mtacusa.com)

## Personal Safety should be your #1 Concern

Five out of every six adults will be the victim of an attempted or completed violent assault in their lifetime.

If you're the gambling type, do nothing and put this brochure down. If you don't want to become a statistic, take the first step by scheduling a customized At Home safety demonstration, complete with awareness tips and advice. All of our demonstrations are personalized to meet your individual needs. To ensure that you will walk away feeling that you are better equipped to control situations, rather than situations controlling you.

Our instructors have taught at Wayne State University, Macomb College and Schoolcraft College and have multiple black belts in a variety of martial arts!



*Defend yourself from any position!*

## Continuing Education

At Home Defense offers a variety of courses for all ages and levels of experience. Our expert instructors have been training for over three decades to be able to bring you information in a way that you can understand. These tailored courses can be scheduled at your convenience. Following is a list of just some of the courses available. If you don't see what you need speak to your self-defense counselor to put together a custom course!

### Basic Self Defense

Introduction, and basics of awareness and self-defense. Prerequisite: None. All levels of physical ability welcome.

### Intermediate Self Defense

For those who want to take the basics a step further. Prerequisite: Basic Self Defense

### Advanced Self Defense

Continues where Intermediate leaves off. Deals with ground defense as well as stand up. Prerequisite: Basic, Intermediate

### Flashlight Training

Learn how to use your mini-mag flashlight as a defense tool. Requisite: Mini-Mag Flashlight (or other brand)

### Pepper Spray Defense

You carry it. Learn how to use it. Pros and cons of various aerosol spray defenses. Requisite: None

### Teen Safety

Is your teen dating? She needs to learn how to back up the statement, "No Means No".

### Child Safety

Stranger Danger and more. Open to all ages Prerequisite: None.

### Home Security Evaluation

One of our home safety experts will come to your home and evaluate it from the eyes of a criminal, telling you areas of weakness, and making suggestions on how to improve security.

## Sign-up Form

### Sign up for:

- Basic Self Defense
- Intermediate Self Defense
- Advanced Self Defense
- Flashlight or Pepper Spray
- Teen Safety
- Child Safety

All courses are customized to the individual. Each person has different needs, different fears and brings with them a different skill set. We work with you to set up a party that will most benefit you!

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### Method of Payment

- Check
- Cash

Prices vary by course. Talk with your self-defense counselor to tailor a program that best fits your needs as well as your budget!

Preferred Dates \_\_\_\_\_

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