

## **Unarmed Self-defense Seminar—for the Armed Citizen**

*Hands-on instruction taught by retired police officer and 4<sup>th</sup>-degree black-belt*

It's a dangerous world out there and getting more so. The news tells us every day about the deconstructing of civilization. Riots, shootings, robberies, road-rage, and physical assaults can happen anywhere, anytime. **Learn to face the danger.**

**Experience, statistics, and the laws of probability tell us that it's more likely to encounter an unarmed attack or threat than any other kind.** It may not often be legal or moral to use a gun for self-defense during such attacks. Use of lethal force—unless explicitly clear and justified—will always be questioned more than the use of the natural weapons of hands, feet, knees, and elbows in the course of self-defense. The encounter may last a few seconds, but the legal entanglements could go on for months and in the end be more stressful than the actual event itself. **Real life is messy and fluid.** The level of danger to oneself or another that you are protecting can change in a heart-beat, low to high and back down again in a moment. At one second you may be justified in shooting, at the next not at all...but perhaps justified in kicking or using elbows or knees or pressure points.

**Learn to read that moment and the bad-guy. Quicken your response time and know how to use your body as a weapon itself.** What do you do when someone walks up on you fast in a parking lot at night? How do you respond when a person physically challenges you inside a restaurant? What can you do legally and justly when someone grabs your wrist, or hair, or collar? What can you do when tackled or shoved against a wall? What are you able to do if, while at the moment unarmed, when faced with a deadly threat?

**This seminar will a combination of listening and learning how to think through such things in a heart-beat, and hands-on practice in the basics of easy-to-do techniques foundational to karate, Krav Maga, and jujitsu.** Along with getting familiar with the use of the body as a weapon by using kicking pads and practicing on the instructor by use of kicks, heel-palms, knife-hands, and elbows and knee-strikes the student will also get to delve into the brutally effective responses found in Krav Maga, understand angles and footwork as well as basic muscle memory, verbalization, and the OODA Loop. They will also come to **understand the 3 levels of avoidance, evasion, and escape** (the most dangerous level and the hardest to deal with). Finally, they will learn with the use of obviously fake rubber or wooden 'guns' how to retain their firearms while in an evolving confrontation through role-playing and learning specific techniques of gun retention and body mechanics. Just like in police training, this will be a 'shoot-don't shoot scenario' hands-on lesson easily applicable to any age and physique.

**Seminar held Saturday November 5<sup>th</sup> from 1pm to 3:30 pm at the Heat Resource Center @ 307 S. Parsons Av, Brandon FL 33511.**

**Fee is \$50/attendee-student**  
(checks made out to Jon Touchton)

Please email Jon Touchton @ [paladinkarate@gmail.com](mailto:paladinkarate@gmail.com) and/or call @ 813-997-7292 for registration or questions.

For information on Paladin Karate & Jon Touchton please refer to the website of:  
[www.paladinkarateanddefensivearts.com](http://www.paladinkarateanddefensivearts.com)