

TORCH

SELF DEFENSE TRAINING

www.torchlifestyle.org



Self Defense Program Overview

Torch Lifestyle & Wellness Center offers a unique, interactive, empowering personal safety training course for men and women. Our classes include assertiveness and awareness skills, boundary-setting, verbal strategies, and full-force physical assailant defense.

Based on simple principles and instinctive movements, Torch's reality-based course is designed to teach real self defense in the shortest possible time. Students will learn to defend against common chokes, grabs, and bear hugs, as well as weapons such as guns, knives, and sticks. Just as important, we teach people to function during the stress and shock of a sudden, violent encounter. Torch's practical approach to self defense will make students feel safer and more secure.

Our entry level course is designed for students ages 18 & up. The goal of the class is to teach the basics of self defense and fighting. Students will learn techniques including proper fighting stance and movement, various punches, kicks from standing position as well as from on the ground, and how to defend against punches, chokes, headlocks and wrist grabs.



Self Defense Training

Lessons are taught using 4 concepts



AWARENESS

Develop a constant state of general awareness. Pay attention to your environment at all times. Where are you? Is it dark or light? Are there many other people around or are you alone? Are you in an enclosed place or is it open? Are you familiar with your environment or is this place strange and/or new? Depending on the answers to these questions, your general state of awareness and attention should correspond. If you're in a dark, strange place with no one else around, obviously your awareness level should be higher than when you are in a familiar, light place with several other people. In high-alert environments, be aware of your possible exits, potential shields, and makeshift weapons.

CONFRONTATION

When confronted, you may scream: "Don't come any closer! Get away from me!" As loud as you can! Most predators prey on the weak, so show your attacker that you will put up a fight. Do not let yourself cry or be overcome with fear... Get angry instead! And yell out at your attacker with all of your energy and anger! OR (depending on the situation) Choose Calm Positive Speech: "How can I help You?" instead of "Don't hurt me" or "I don't want to fight." Don't use negatives - words like "hurt" or "fight" incite negative ideas in attackers' minds. Being able to think clearly and act decisively in a self defense situation is where the proper training comes in hand.

FIGHT

If violence is absolutely necessary, if you can't escape and you've tried everything, then you should go on the offensive. By taking an active role, you can immediately change the psychology of the attacker. Once you go on the attack, do it as if your life depended on it. It does. That commitment is what scares the predator off. Convince yourself you will get out of this situation alive, no matter what. Remember your goal. If the attacker backs down and allows you an avenue of escape, take it. Don't hang around to finish the fight. You got what you wanted.

FLEE

Flee: If someone tries to attack or engage you in any way, you must get away quickly! All your defensive efforts should have this end goal in mind: Run to safety! Find a phone and call the police if necessary.

Our in person training will break these concepts down in to easy to understand and interactive demonstrations that includes a stretching activity, defense training and an individual opportunity to test and apply the techniques learned during the course for all students. To signup please give us a call at (832) 267-1908 or send an email to torchlifestyle@yahoo.com.

Course Logistics

Self Defense Basic: 2 Hours

Number of Participants: 30+ No Maximum

Attire: Athletic Wear with Sneakers

Class Times: Day and Night classes available

Location: Our Facility, Your Facility or Nearby Accommodation

Self Defense Pro: 2 hours. 1 x month for 3 months.

Number of Participants: 30+ No Maximum

Attire: Athletic Wear with Sneakers

Class Times: Day and Night classes available

Location: Our Facility, Your Facility or Nearby Accommodation