

# PRIVATE LESSONS for Women Only

--Self Confidence through Self Defense--

**RAPE PROOF: How to Defeat a Rapist and Survive a Violent Attack**

By Coach David Alexander (Self Defense Expert) Coach Z Training.com

By taking a Life Saving/Confidence Boosting Private Lesson, you will end up with more **PRACTICAL** and **REAL WORLD** Self Defense/Self Protection knowledge than most Martial Arts Black Belts have learned in their entire lives! It's virtually always better to fight back, particularly if you are trained in how to fight back properly. Women who fight back are injured less often, are more successful in stopping the attack, regardless of what kind of attack it is, and feel better about themselves afterwards.



So, what are some things you might learn at a Private Lesson?

- How to Defeat a Rapist ("Rape Proof").
- Situational Awareness.
- The Top 10 Fighting Myths Exposed!
- Learn and practice the 10 Most Devastating, Hand-Picked, Lethal and Non-Lethal Self Defense Techniques which are the Fastest and Easiest to Learn and Apply.
- Philosophy of my B.E.T. "Target Based" Self Defense System and why it is the best system in the world to survive a violent encounter.
- Practice targeting and getting "reactions" to open new targets.
- Chokes & Strangles plus how to avoid getting choked or strangled.
- How to escape the "school yard bully" front and rear headlock.
- Takedowns for the street while you stay on your feet.
- Leave high-flying spin kicks to Hollywood; I will show you the two kicks that actually matter in a real fight.



- Ground survival for the street (not sport!).
  - How to get back to your feet, quickly, if you find yourself on the ground.
  - Practice what to do when your attacker has a knife, gun stick or bat.
  - Learn and practice surviving against multiple attackers.
  - How to escape the "Worst Position Possible".
  - How to escape when your hands are pinned to the ground.
  - How to escape being mounted when your attacker is grabbing your throat.
  - How to escape being mounted when your attacker is raining down blows to your face.
- How to easily prevent a rape attempt or abduction.
  - How to win a struggle over a gun, knife or bat.
  - Learn how to properly use a knife or club to defeat your attacker. This is an eye opening lesson. If you're learning fancy knife or club moves, you are probably a dead in a real attack.
  - How to use your environment as a weapon.
  - Plus Much, Much More...

**BONUS #1** "Old School" Close Combat WW2 moves that are still effective today.

**BONUS #2** I will show you a technique that will force your attacker to release any front side or rear side bear hug.

**BONUS #3** I will show you several "Non-Lethal" techniques that will force someone to release any hold.

**BONUS #4** Are pressure points real? Is there such a thing as a "Death Touch?"

**BONUS #5** Q & A: I will answer all the questions you may have concerning Self Defense, Mixed Martial Arts, Strength & Conditioning or Weight Loss.

**Private Lessons are by appointment only and last 1 hour. The price is only \$40 an hour (per person) for up to four people at a time (cash or trade). Discounts available if needed.**

**Take all the time for yourself or share with friends and family. If you have any questions, comments or would like to schedule a private lesson then please email: Coach David Alexander at coachalexander @ gmail.com to schedule your Life Saving / Confidence Building Private Lesson.**

