



Men's Intensive Self-Protection Program

The Men's Intensive Self-Protection Program is a 30-hour course that trains a set of self-protection skills modified from the PDT System Level Training and Weapons programs.

You will learn to:

- ▲ Read nonverbal communication
- ▲ Expand your awareness to avoid danger
- ▲ De-escalate threatening situations
- ▲ Deter potential assailants
- ▲ Assess situations quickly for a decisive response
- ▲ Control your emotions in highly charged situations
- ▲ React rather than freeze
- ▲ Consider escape options
- ▲ Use Full-force / Full-contact defensive skills against an armed or unarmed assault
- ▲ Exercise the judicious use of force

On-site training is available for corporate and other organizations.



PDT System™ Training

- ▲ Levels 1-3 ▲ Weapons
- ▲ Men's Intensive Self Protection
- ▲ Self-Protection for the Physically Disabled
- ▲ Corporate Programs



Professional Defense Training Group

652 N. Sam Houston Parkway E, Suite 150
Houston, Texas 77060

▲ 281.447.7384 www.pdtgroup.net



TRAIN. EQUIP. PROTECT.

PDT SYSTEM™
TRAINING



PROFESSIONAL DEFENSE
TRAINING GROUP



P R O F E S S I O N A L D E F E N S E T R A I N I N G G R O U P

The **PDT System™** (Professional Defense Training) number one priority is the safety and well-being of our clients and their loved ones. Our professionally trained instructors teach you how to deal with many life-threatening situations, while simultaneously developing a solid foundation for physical conditioning.

The **PDT System™** incorporates three “Levels” of training, each level building off the previous.

Our **PDT System™** focuses on many aspects of personal defense that, when combined, create an all-encompassing self-defense program:

Defensive Tactics:

- ▲ Emphasizes effectiveness and simplicity in neutralizing an attack
- ▲ Utilizes instinctive body movements
- ▲ Enables you to deliver an immediate counter-attack or establish a controlled retreat
- ▲ Provides realistic defenses against a variety of attacks, whether the assailant is armed or unarmed
- ▲ Trains you how to defend yourself in the quickest, safest and most effective way

Adrenal State Training:

- ▲ Improves your emotional and physical response to danger through reality based training
- ▲ Utilizes padded assailants to simulate real world attacks
- ▲ Allows you to train your Defensive Tactics at full-force and full-speed
- ▲ Trains you to improvise to attack variations, developing your ability to deal effectively with real-life situations

Communication:

- ▲ Helps you to develop the ability to set boundaries, avoid and de-escalate threatening situations

Awareness:

- ▲ Helps you develop the ability to recognize danger at the earliest stages, react without hesitation and escape if possible

Combat Fitness:

- ▲ Develops your physical foundation for endurance, power and speed
- ▲ Improves your overall balance, strength, reflexes, stamina, agility, flexibility and most importantly your survival instincts

Judicious Use of Force:

- ▲ Educates on the judicial use of force

The **PDT System™** incorporates both unarmed and armed fighting methods. One of the most important features of the **PDT System™** is that, unlike many traditional martial arts, our system is continuously enhanced. We constantly evaluate other defensive techniques, such as those used by Military and Law Enforcement to identify and implement those elements that would strengthen our system. The **PDT System™** strives to provide the best self-defense training possible.

Weapons Training:

The PDT Weapons classes utilize numerous Combatives and Defensive Tactics from Level 1 and 2. This allows clients to use their knowledge of the PDT System in attacks where weapons are involved. Clients will be trained in the following areas:

- ▲ Escape strategies
- ▲ Edged weapon defense and counter-attack
- ▲ Short and Long Stick defense and counter-attack
- ▲ Pistol and Assault Rifle/Shotgun counter-attacks
- ▲ Use of improvised and ordinary weapons