



Confidence is knowing you are ready.

Since 1971, the **IMPACT Defense System™** has been the leading innovation in personal safety training in the country. We have specialized curriculums to train adults, teens, children and special needs individuals who are blind or otherwise physically challenged.

Nationally recognized safety experts and trauma recovery specialists have identified **IMPACT** as effective in teaching the skills necessary for violence prevention.



**Professional Defense Training Group**

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TRAIN. EQUIP. PROTECT.

# IMPACT WOMEN'S PROGRAMS



PROFESSIONAL DEFENSE  
TRAINING GROUP



## PROFESSIONAL DEFENSE TRAINING GROUP



The **IMPACT** Women's course is a 20-hour nationally recognized curriculum developed and researched over the past 30 years. It is a realistic personal safety program covering all aspects of violence prevention. **IMPACT** programs use a team of male and female instructors, each having specific roles during the course. This unique training allows you to practice verbal as well as full-force / full-contact physical skills on a highly trained and certified padded assailant. Varied and intense scenarios are used to increase training realism.

## TRAIN. EQUIP. PROTECT.

### You will learn how to:

- ▲ Read nonverbal communication
- ▲ Expand your awareness to avoid danger
- ▲ Confront situations of uncertainty
- ▲ 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
- ▲ Focus your adrenaline
- ▲ Use Full-force/Full-contact defensive skills against a physical assault

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