

The World is a Different Place Now for Ourselves and Our Children...

We all long for the days when we felt safe within our communities -- free to just be who we are.

The world is different now -- and we fear for our own and our children's safety.

But that doesn't mean we have to stop living. It just means that we have to round out our and our children's education to include the study of Street Proofing and Self-Defense. So that we can get on with our lives. And stop worrying.

This is what The Best Defense Program will do for you.

Your organization has offered high quality programs promoting self-confidence, self-discipline and smart self-defense. Student enroll term after term. We highly recommend The Best Defense Program...

Home and School Association
Forest Hill Public School

Why Enroll in Our Course?

Our courses will teach you and your children how to respond to fearful situations. But they will also do a lot more...

They will instill in you and your children the confidence to confront any situation.

It's about self esteem. And peace of mind. The elimination of fear. And minimizing the stresses of new environments. It's about having the freedom to go where we want, when we want.

Your staff have shown our children how to protect themselves as well as having improved their self-image and confidence.

Parent's Association President
Bayview Hill Elementary School

For more information, please call:

The Best Defense Program...

It's About Being Able to Live Your Life

Without Fear

For Yourself For Your Children



What is The Best Defense Program?

The Best Defense Program is a Street Proofing Program for Kids, a Safe Socializing Program for Teens and a Re-empowerment Program for Adults. The Best Defense Program was developed and overseen by a team of Self-Defense experts. All Best Defense Programs are taught by qualified, trained and certified instructors.

What We Teach...

- 🕒 interactive discussion topics to develop awareness for danger prevention
- 🕒 understanding the importance of avoiding potentially dangerous situations
- 🕒 how to recognize dangerous situations
- 🕒 how to escape an attacker
- 🕒 using language and voice for self-defense
- 🕒 knowing who to go to, and how to access help and help resources
- 🕒 alternatives to fighting
- 🕒 fighting back only when necessary

Taught in a safe, friendly, family-oriented way.

It's strictly self-defense. I deal only in practical, effective self-defense moves.

Founder of the Best Defense Program
As written in the Toronto Sun

Who Will Benefit from Best Defense Program?

Children, 3 years of age and over, teenagers, adults, seniors and special needs groups.

We are pleased to teach at:

- 🕒 daycare centers
- 🕒 preschools
- 🕒 schools
- 🕒 camps
- 🕒 associations
- 🕒 community centers
- 🕒 religious organizations
- 🕒 neighborhoods
- 🕒 families
- 🕒 groups
- 🕒 condominiums
- 🕒 hospitals
- 🕒 work places
- 🕒 corporations
- 🕒 corporate sponsored programs
- 🕒 government offices
- 🕒 conferences
- 🕒 fundraisers
- 🕒 special events

I would like to let you know how much I enjoyed taking your self-defense course. I found the course to be very educational and, although I hope I never have to use what I learned, I feel prepared should I encounter a difficult situation.

Asset Manager
V & A Properties Inc.

What We Do for You and Your Children

We understand that you need to be able to leave our course with practical techniques and ideas for ensuring personal safety. Techniques you can use instantly, now and in the future. We pride ourselves on educating you in a way you'll remember.

Flexible Course Formats

The Best Defense Program is offered at varying lengths to suit any busy schedule, including:

- 🕒 our 5 hour BRONZE, SILVER, OR GOLD certification programs;
- 🕒 a Time Saver course that teaches the 5 hour program in just 3 hours;
- 🕒 1-2 hour introductory program;
- 🕒 or, we will customize the duration for you.

A Certificate of Achievement will be awarded upon completion of the course. Students will also receive a comprehensive, interactive course handbook that presents an overview of all techniques learned in the course.

On the basis of my experience with you, and my children's participation in your program, I would certainly recommend the Best Defense Program for children.

Parent
John Wanless Public School