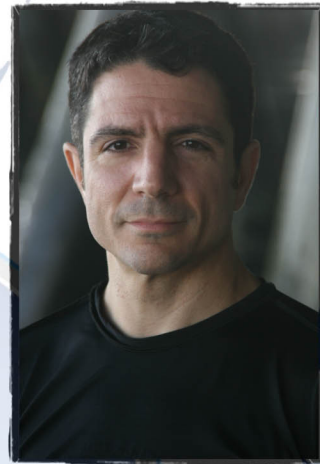


DEFENSIVE ESSENTIALS 101

Designed with the corporate professional in mind, **DE 101** provides self defense instruction for clients of all ages and athletic ability

Built around gross-motor movements that can be depended upon in high stress environments, **DE 101** is the premier training choice for those who understand self defense is each individual's responsibility.



JOHN SPEZZANO has been a staff instructor at the world famous Inosanto Academy of Martial Arts since 1995 and is ranked Full Instructor in Jun Fan Gung Fu / Jeet Kune Do Concepts and the Filipino Martial Arts under hall of fame teacher Guro Dan Inosanto.

With over 25 years of martial arts training, teaching and competition, John is also a certified instructor in Muay Thai, Boxe Francaise Savate, Maphilindo Silat, Walisongo Pencak Silat, and Wing Chun. Outside the martial arts world, John works with the Operational Skills Group teaching defensive tactics to military and law enforcement personnel around the country and is an RKC certified "Hard Style" Russian Kettlebell instructor under Pavel Tsatsouline

- **PRE-ALTERCATION AWARENESS**
- **HOW TO MOVE, FALL AND RECOVER SAFELY**
- **SHOULD A FIGHT PROVE UNAVOIDABLE, HOW TO FINISH IT FAST**
- **DEFENSE AGAINST STRIKING AND WEAPONRY ATTACKS**
- **POST ALTERCATION PROTOCOL**

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