

REFERENCES



What are women saying about the Equalizer?

Natalie - Realtor

At the beginning of this class I felt somewhat confident about my ability to fight off an attacker, by the end of this class I was aware of just how unprepared I was. I am so thankful I did this. I feel much safer as a woman and as a Realtor.

Jennifer Educator

This course was well organized and very informative. This is a must for every woman!

Kimberly - Realtor

Having been in a situation that escalated into a physical attack, I felt this class would be very beneficial. After taking the class, I realize it's a necessity. This is a "must do" for women!

Tina Homemaker

My daughters will take this class when they get older. Whether they think they need it or not.

Peg Insurance Rep.

My daughter and I took this class together. We had a great time and we learned so much. I'm really thankful that this program exists.

Randi - Realtor

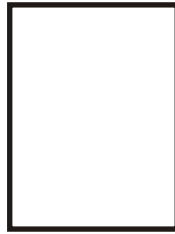
I feel more confident in myself after having taken this class. I loved the instructors and how helpful they were in explaining the techniques. I wish every woman could take this class.

CERTIFIED INSTRUCTOR INFO

NAME:

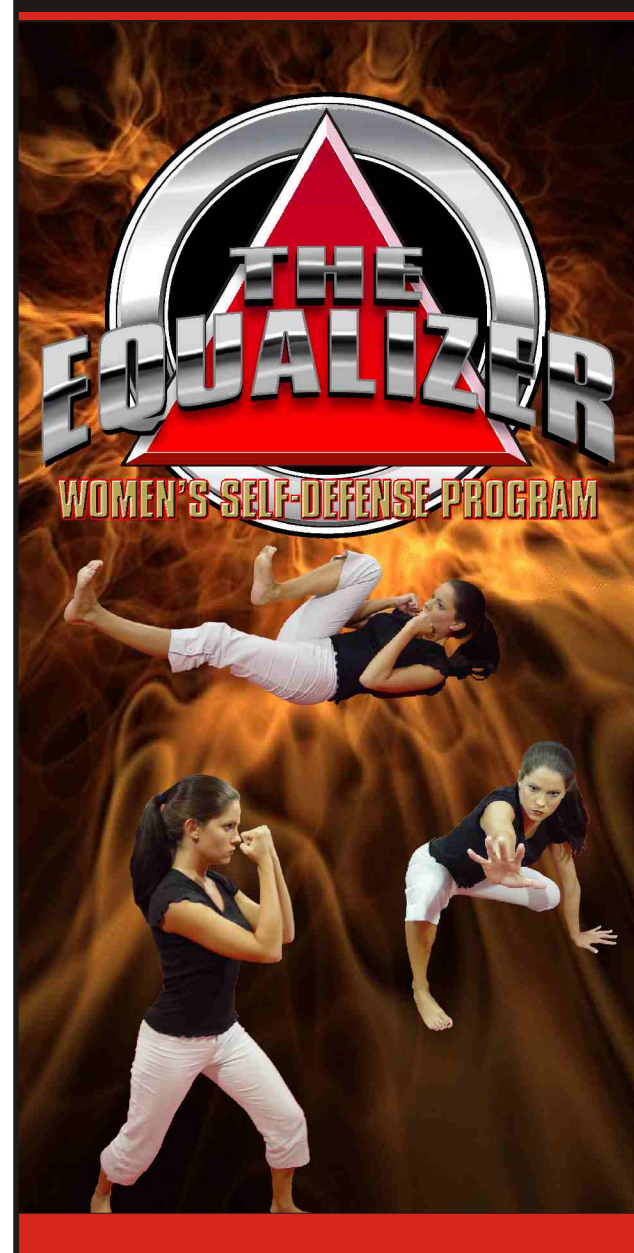
PHONE:

EMAIL:



WE ARE PREPARED IN ADVANCE

DISCOVER THE POWER



WWW.EQUALIZERWOMEN.COM

THE FIRST STEP

MISSION

To provide women in every community with the most effective and practical self-defense training available.

VIOLENCE AGAINST WOMEN

Every year, millions of women are victims of violence. Usually at the hands of someone they know. Every woman must know how to recognize and reduce their risk of becoming a victim and how to effectively resist a physical attack, if necessary. Every woman should be "Prepared in Advance".

In 2005 there were 2,145,340 reported cases of violent crimes against women. Of those cases, 176,540 were rapes/sexual assaults. Roughly, 66% of those sexual assaults were committed by non-strangers. (Reference: National Crime Victimization Survey)

THE FIRST STEP

The first step you must take to be prepared in advance is to educate yourself about how to recognize and reduce your risk of becoming a victim of violence. The next step may be to make the decision that you are going to resist a violent attack. If so, quality self-defense training is what you need. You need...
THE EQUALIZER.

WHY CHOOSE THE EQUALIZER

Our law enforcement program, SSGT, has been proven in the field to be life saving for officers in the line of duty. If thousands of law enforcement officers can trust our training, so can you.



PHASES & SUBJECTS

SUBJECTS COVERED

PHASE ONE

SEXUAL ASSAULT STATISTICS

AVOIDANCE TECHNIQUES

DEFENSIVE STRIKING

FITNESS LEVEL NEEDED: 1*
LENGTH: 4 HOURS

PHASE TWO

COMMON GRAB DEFENSES

FITNESS LEVEL NEEDED: 2*
LENGTH: 4 HOURS

PHASE THREE

REAR HEAD-LOCK DEFENSE

BEAR-HUG DEFENSES

STRIKING & KNIFE DEFENSE

FITNESS LEVEL NEEDED: 5*
LENGTH: 4 HOURS

PHASE FOUR

GROUND ESCAPES

FITNESS LEVEL NEEDED: 7*
LENGTH: 4 HOURS

***Physical Fitness Level Requirements**
Grade yourself on a scale from 1-10 with 1 being an individual who can walk, sit and stand. 5 would signify an individual who could attend an aerobics class or jog for 20 minutes. A grade of 10 would signify an individual in absolute top physical condition.

STUDENT COURSE



STUDENT COURSE

Prerequisite

Must be a female at least 13 years of age with no current injuries

Length & Cost Of Course

Each phase is up to 4 hours in length
Maximum of \$20.00 per person per phase

Step-by-step high resolution pictorial manuals required \$20.00 each

Student must pass all Equalizer written exams and a visual practical evaluation by the instructor to be eligible for certification

Student may participate in the class without intentions of being certified

Student may be certified and/or participate in one or all four phases

Student certification is valid for one year

Equalizer certificates may be purchased from SSGT headquarters

Any student acting as an instructional assistant to the instructor must sign the Instructional Assistant Waiver

3 students minimum per class

Our instructors come from the law enforcement community

