



Safety, Security & Self Defense

\$40.00

S2 Defense Systems
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The purpose of the class is to assist students in developing a “survival mindset”. This class will teach a combination of easily learned self defense technique; home, work, and travel safety planning to enable participants to become less vulnerable and less accessible targets for criminal predators.

Home Security Measures:

Plant “defensive” shrubbery around your home, especially beneath windows. Bushes with thorns or stiff, spiky leaves are not good hiding places for criminals. When moving into a house or apartment, always change or re-key the locks. Otherwise, the previous resident—and anyone they supplied keys to—has unrestricted access to your home.

Phone Security:

Consider keeping a separate line or cellular phone as a security device. Taking one phone off the hook renders other units on that line inoperable. Using a separate line or cellular phone in your bedroom is a good precaution.

Automobile Security:

Use a two-piece key ring with your car keys separate from your other important keys. Give parking valets or mechanics your car keys only. Supplying your entire set of keys creates an opportunity for duplicates to be made. Check your surroundings before getting out of your car. If something or someone strikes you as out of place or threatening, drive away.

Personal Safety:

Simple “stun and run” techniques that do not require a great deal of size and stringy but will disable an attacker long enough for you to escape.



This photo is looking west from the intersection of North Circle Drive and Van Buren. Van Buren is the street on the left; North Circle Drive is on the right going downhill to N. Union. The parking lot is on the West side of the building, the office is upstairs to the right. Phone number is (719) 648-1072