

OPTION ZERO

SELF-DEFENSE SEMINAR

This isn't just about learning how to fight; it's about knowing how to stay safe, confident, and aware in a world where unexpected situations can happen to anyone. Whether you're a high school student navigating social pressures or a working adult facing stressful encounters. This seminar provides real tools for real life.

WHY IT MATTERS

These reality is:

- 1 in 5 teens experiences some form of physical violence whether it's bullying, fighting, or harassment
- 1 in 6 students say they've been bullied at school.

These patterns don't end after graduation. Conflict, harassment, and personal safety risks exist in every stage of life—from school hallways to workplace parking lots.

That's why our self-defense sessions are inclusive and co-ed. We believe everyone deserves the skills to feel safe, confident, and in control.

WHAT WE COVER

- Reading and de-escalating situations
- Trusting your gut
- Setting boundaries
- Learning simple, effective techniques to protect yourself.

80% of teens and adults who take self-defense report feeling more confident and aware afterwards

INTERESTED IN HOSTING A SESSION?
WE OFFER FLEXIBLE FORMATS FOR SCHOOLS, AGENCIES, AND BUSINESSES. SESSIONS CAN BE HOSTED AT OUR FACILITY (DESTINY USA) OR YOURS, WE'LL WORK WITH YOU TO TAILOR A SEMINAR BASED ON YOUR NEEDS, GROUP SIZE, AND GOALS. CALL OR EMAIL FOR PRICING & AVAILABILITY