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Get the tools you'll need to survive

By René Hill

Violence has barely been out of the headlines recently and now a new self-defence class is set to start to help people avoid becoming a victim.

Classes begin at Bermuda High School for Girls' old gymnasium on August 29, but the programme will continue says founder of Jiketsu Martial Productions, Reuben Bean.

Instructor Mr. Bean, an accredited instructor with The Self Defence Company (SDC) www.theseelfdefenceco.com says that studying martial arts or training in a combat sport is great, but you really don't have to if you just want to make yourself safe and street smart.



"Even studying a martial art doesn't guarantee your safety," said Mr. Bean, in an interview with *The Royal Gazette*.

"In the real world there are no rules, referees, time limits, mats, hand wraps, safety equipment or scheduled fights. Criminals don't stand on ceremony and aren't going to approach you like you see in the movies.

"The criminal mind is cunning. It's always working and thinking up new and inventive ways to impose its will on you.

"You will discover how you can avoid becoming a victim in this crash course in personal protection."

The 10 Lesson Self Defence Programme is based around techniques used in the Second World War.

"I was recently certified by The Self Defence Company, an international organisation of instructors, who are dedicated to teaching authentic self-defence and close combat, which is the only documented method of self-defence proven to work," he explained.

"I had to undergo threat identification, escape and evasion techniques, as well impact training and methods of weapons defence."

Students will be taught how to identify potential threats and numerous other elements.

"They will learn how to avoid the 'big three' common mistakes most victims make, the proper use of the defensive screen technique, personal alarm training and the authentic military hand-to-hand combat proven techniques to keep themselves safe," Mr. Bean said.

"It's a great learning experience and a huge amount of fun. We teach useful real world self defence skills that are really simple and easy to use.

"Everyone has a good time, and this course will dispel many common

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myths about defending yourself."

He added: "The course is designed to prepare you for the worst possible situations.

"Chances are your assailant will be armed, have intent to harm you and have accomplices and he picks the time and the place.

"This programme takes all the combat effective methods of the martial arts and condenses them in a programme that can be learned easily and applied to any situation imaginable.

"You will learn how to use only a handful of selected, high impact, techniques with the proper strategy and attitude to ensure your safety. Upon completion of the programme you will have all the tools you need to survive."

For anyone worried about the state of his or her health, Mr. Bean said: "You don't have to be in awesome shape, incredibly strong or an elite athlete to do it, all you need is the will to survive!"

The course begins at 6.30 p.m. — 8.30 p.m. at the BHS Old Gymnasium.

For more information telephone 799-7541 or visit:

www.theseelfdefenseco.com, or

www.jiketsumartialproductions.com or email: reubenb@theseelfdefenseco.com.

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