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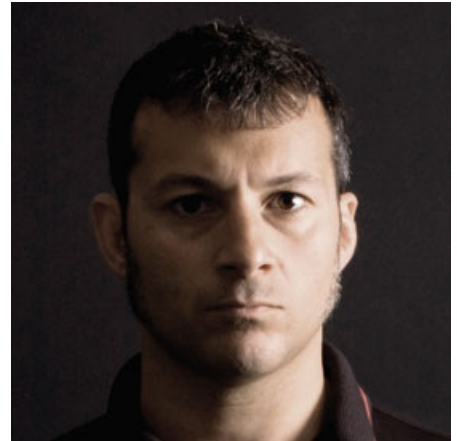
Damian Ross is master instructor and CEO of [The Self Defense Company](#) and developer of [The Self Defense Training System](#). The Self Defense Company is a global organization of defensive-tactic instructors, civilian advisers, active and inactive military personnel, and law-enforcement officers dedicated to the education and training of crime prevention and conflict resolution.

Ross is a fourth-degree black belt *tekkenryu* combat [jujutsu](#), a second-degree black belt in Kodokan [judo](#) and a second-degree black belt in [taekwondo](#). He was a varsity wrestler for Lehigh University in Pennsylvania and was elected to his hometown (Ridgewood, New Jersey) Hall of Fame for football and [wrestling](#).

Ross has served as a consultant and instructor to agencies like the Secret Service, the Federal Air Marshal Service and the U.S. Postal Inspection Service.

At the core of The Self Defense Company is The Self Defense Training System. This program is being implemented by instructors and commanders in the Marines, Department of Homeland Security and Army combatives training centers.

To learn more about Ross and The Self Defense Company, please visit www.theselfdefenseco.com.



*Damian Ross
(Photo courtesy of Damian Ross)*

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