

Alexander's Tactical Self Defense is a certified martial arts system complete with tests and rank from white to black belt. It is twice a week Mondays and Wednesday nights from 7:30-8:30pm it is for teens and adults only and only taught by those excepted into the program it will not be taught to anyone planning to be aggressive with it or has a history of aggressive behavior. It is \$75.00 per month.

The system is based around awareness and situational prevention. If someone wants your money, keys or wallet give it to them they make those things everyday but you don't get a new life. When your life or wellbeing is at risk I have developed the defense portion of my system from all my trainings in a wide range of martial arts including Jiu Jitsu, Judo, Hapkido, Tae Kwon Do, Professional Kickboxing and Boxing. From all these great arts I have take what I feel makes the most sense for "street self defense" not tournaments or demonstration, but life threatening defense. Not taking a attacker and hitting them 8-10 times but to actually have a deep knowledge of the human body and specific targets and weapons (strikes) to those targets so you don't waste any time and risk making a mistake putting yourself in a much worse position than before. For example someone grabs your wrist to pull you into their van one quick escape with a SOLID fallow up and the situation is over, but if you try to "movie star" your techniques you risk making a mistake and put in to a rear choke. We cover everything from stand-up attacks in all directions to ground defense, one attacker and multiple attackers, and weapon defense.

I started putting this system together about three years ago as i hung up my gloves from professional Kickboxing and boxing. Also seeing the desperate need for defense in the area with the times changing the world is becoming a very dangerous place and in our area the "city" that people dont want to visit because it's too dangerous is here every weekend on vacations. With the growing success of MMA and UFC (Mixed Martial Arts) more and more people are learning to be even more dangerous and a need for a Real Life Defense is needed. There are no forms or fancy jump spinning kicks that will get you into more trouble, better yet anyone of any age or body style can learn and be very good at this. That's one of the main reasons for taking this much time putting this system together before releasing to the public, I wanted to make sure it was designed right and with no great risks needing to be taken to be performed when attacked.