

# Legs and Brains, Claws and Fangs<sup>©</sup>

## The Self-Protection Course for Women

The Self-Protection Course for Women is a 2 day program that will teach you how to take care of your own safety, regardless of your age, fitness level, or prior experience with “self-defense.”

*This course is not about fear, it is about empowerment and self reliance. It is about learning how to protect yourself and those around you, without needing years of practice in the “combat arts.” It is about being mentally strong and determined to win, especially when there is no one to help you.*

Day 1 -Legs and Brains (8 hours) The main focus of this day is learning how to identify, avoid, and escape bad situations. The second focus is learning how to deal with your body's responses to fear. And, finally, learning how to be the “wrong target” for a predator. If time allows, there will also be a demonstration on how to effectively use commonly available self-defense products: pepper spray and stun guns. Day one is mostly informational, including some class discussion and demonstrations. This part of the course is available for ages 15 and up. Minors will need parent's permission to attend. Finally, “Legs and Brains” is required before taking “Claws and Fangs.”

Some of the topics in day one:

How to be more aware, anywhere	Physiological reaction to fear	Types of predators
A simple but powerful awareness tool	The “Freeze Up” and how to beat it	What predators look for in a “target victim”
Being prepared in your home, at work, and more	How to <u>effectively</u> run away	How to become “the wrong target!”
The power of 1%	Environmental tools to aid your escape	What to tell the Police when they arrive

Day 2 -Claws and Fangs (8 hours) Day two will have more 'hands-on’ demonstrations. The main focus of day 2 is learning how to physically fight off an attacker or get him to let go of you so you can escape. It will include what kinds of tools of self-defense you can have access to no matter where you are, and how to use them. Just as importantly, you will learn the many targets on an attacker's body, how to attack them, and what effects that will have on your assailant. You'll learn why the “groin kick” should NEVER be your only defense! What you will learn here is NOT for sport or for “play fighting.” What you will learn can be permanently disabling to your attackers. For this reason, day 2 of the course is only available to ages 18 and over.

Some of the topics in day two:

Psychological tools for escape	The H.I.P.S. <sup>®</sup> Tools of Escape and Survival identifier	Overcoming mental and emotional obstacles in order to fight and win
Your personal obstacles to escaping and survival	How to use improvised tools (weapons)	Best methods to “hit” your attacker's many targets
Your body's many fighting tools	Creating opportunities for escape	Your greatest asset: TOES

When something bad is happening to you or your family,  
**YOU** can be the difference in survival and tragedy.

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## **The Self-Protection Course for Women**

About the course creator

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Cranford Blackmon, the developer of this course, is a former police officer, corrections officer, infantry soldier, terrorism response trainer, and Federal Air Marshal. Most of the women in his life, including his immediate family, have been directly affected by some type of violence. After the savage rape of a young lady he and his wife love like a daughter, he decided it was time to make a difference.

Using his many years of experience in various law enforcement, military, and anti-terrorism organizations, he developed this course to be simple and effective. It is an alternative to the many programs that require years of study and practice before actually being useful in a real-world attack or abduction situation. The course will compliment any previous or future training in the martial arts or other self-defense “systems.”

Although many organizations and companies may offer a low-cost or even free DEMO class to interest you in a long-term membership with their company, please understand that ***this*** is a COMPLETE course in only 2 days. What you learn in it is useable ***immediately***. While other self-defense programs require continual practice with other students and teachers (with the continued membership fees) to maintain those skills, what you learn here will be useable for the rest of your life, even if you never attend any other course or class.

Regardless of your age, fitness level, or any physical challenges you may have, you CAN use the knowledge from this course to avoid bad situations and to fight, escape, and survive when you must. Grandmothers, mothers, students, homemakers, night-workers, traveling professionals, care givers, and every woman in every station of life has the right to be safe, and now you can have the knowledge of HOW to be safe as well.

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