



# Self-Defense and Protection For Women in Recovery

Learn practical self-defense practices for real-world situations.

The world can be dangerous. Now more than ever, awareness and preparedness are essential for personal security. But are you ready to defend yourself? Join us for this empowering 2-Part personal security series from Live Ready. You can attend either one of these or both of them. Each module will conclude with safe and accessible simulations to give you hands-on practice applying these techniques in the real world.

## Pt. 1 Fundamentals of Personal Security

### Recognize Danger

How to tell if you are being targeted, even if the predator uses charm or persuasion to try to lower your defenses.

### Manage Dangerous Encounters

How to deter threatening interactions, and read pre-attack indicators to know when you need to take action.

### Defensive Tactics

Learn how to fight back using your bare hands, and everyday items such as your cell phone—as a powerful, improvised weapon.

### Nervous System Disruptions

Learn where the aggressor's body is vulnerable, and how to incapacitate an aggressor instantly, without the need for strength or athletic ability.

### Location:

Journey  
Church  
Auditorium  
21220 Lorain Road  
Fairview Park, OH 44126

Enter through front  
doors on Lorain Rd.  
Parking available in  
church lot,  
and across  
the street.

## Pt. 2 Defense Against Guns and Knives

### Gun Disarming

Learn a simple, universal disarming technique that works from all angles and positions, whether long gun or handgun, whether defending yourself or another.

### Active Shooter Survival & Escape

Learn how to overcome our natural freeze reaction to extreme stress, know your priorities, and be able to make good survival decisions in a mass homicide event.

### Emergency Knife Defense

While seemingly complex, knife attacks always follow 4 identifiable and predictable patterns. This training segment will teach you a simple, immediately usable process to counter and escape these most frightening scenarios.

Thursday, June 26th 6:00pm-8:00pm

Thursday, September 18th 6:00pm-8:00pm

## Registration Methods

**E-mail :** [joeb@brady-partners.com](mailto:joeb@brady-partners.com)

**Visit :** <https://unicorns-polkadots.org>

**Phone :** Joe Brady 440-653-0352 or  
Elizabeth Bongorno 216-699-1803

**Maximum Number of Attendees: 20**





# Sam Rosenberg

Author, speaker and internationally recognized expert on personal security, Sam Rosenberg protects people and teaches them how to protect themselves.

Sam served as an officer in the U.S. Marine Corps, and in the private sector as a close protection specialist for some of the world's highest profile individuals, including such notables as Tom Cruise, PM Benjamin Netanyahu, and Warren Buffet. And since 2003, Sam has empowered tens of thousands - from families to Fortune 100 companies - with the skills and mindset elite close protection specialists use to protect public figures.

He is the author of Live Ready – A Guide to Protecting Yourself in an Uncertain World, The Traveler's Guide to Personal Security, and The Path of the Victor, and is the inventor of the Response Pen (Patent #9,108,454).

Sam's perspectives on preventing and responding to violence is routinely sought by the news media, podcasts, and influencers nationally.

