

— a Dorey Enterprises company —
THE CHAIN OF DEFENSE™
INTEGRATIVE SELF PROTECTION

Protecting yourself is an essential life skill.

BASIC [level 1]

Our BASIC-Level 1
9-hour course includes:

Danger Analysis & Line of Vision
Pressure Points & Body Language
Principles of Body Movement
Primary & Counter Strikes
Upper Cut & Elbow Strikes
Hammer, Palm & Groin Strikes
Rear & Front Hand Strikes
Strike Combo Drills
Front, Side & Rear Kicks
Knee & Stomp Kicks
Inside Slap & Round Kicks
Striking & Kicking Combo Drills
360-degree Instinctive Defenses

[No experience is necessary.]

MODERATE [level 2]

Our MODERATE-Level 2
9-hour course includes:

Review of BASIC-Level 1
Instinctive Defenses vs Kicks
Front & Rear Hold Releases
Front, Rear & Side Choke Releases
Head Lock Releases
Front, Rear & Side Hair Pull Releases
Hand Grab Releases
Shirt Hold Releases
How to get up from the Ground
Back Falling with Front & Scissor Kick
Ground Defenses vs Attacker on Top
Ground Defenses vs Attacker on Side
Body Leads #1-4

[Basic-Level 1 course must be taken
prior to Moderate-Level 2.]

ADVANCED [level 3]

Our ADVANCED-Level 3
9-hour course includes:

Review of MODERATE-Level 2
Empty Hand Defenses vs Club Attack
Club Defenses vs Club Attack
Using a Knife:
[Top, Under, Straight, Slash]
Empty Hand Defenses vs Knife Attack
Knife Defenses vs Knife Attack
Kick Defenses vs Knife Attack
Defense vs Pistol to Chest
Defense vs Pistol to Head
Defense vs Pistol to Back of Head
Defenses vs Multiple Opponents
Pressure Combo Drills

[Moderate-Level 2 course must be taken
prior to Advanced-Level 3.]

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