To prevent crimes of sexual violence in our communities through programs of education and training, focusing primarily on awareness and prevention...

To educate women about realistic options that will help them avoid... escape... and survive assaults if they do occur.

National Self-Defense Institute, Inc.
A Not-for-Profit 501 (c) (3) Corporation

S.A.F.E.®

Elements of Physical Self-Defense

Self-defense Awareness & Familiarization Exchange
What is NSDI’s 2-Hour S.A.F.E. Program?

An unparalleled educational awareness, crime victim prevention program that provides women with information that may reduce their risk of exposure to violence and introduces them to the physical aspects of self-defense.

Key elements include:

1. NSDI's dynamic, super-graphic “13-piece folio” packed with solid public safety awareness information to incorporate into their lives

2. The 17-minute video that is shown as part of every program (narrated by Emmy Award winning actress Sharon Gless as her contribution to the program)

3. A ½-hour familiarization with what physical self-defense is about ... Including stun and run techniques -- by NSDI Trained and Certified S.A.F.E. Instructors.

"If you were targeted for a violent attack, you are guaranteed one thing: there will be one person there to defend you. That person is you ...and YOU are your best defense” – quote from Sharon Gless, Emmy Award-Winning Actress

Violent crimes are Crimes of Opportunity… remove the element of opportunity, you reduce the risk of attack.
2 HR. NSDI / S.A.F.E. PROGRAM
BREAKDOWN / OUTLINE

Welcome
Brief Introduction of Instructor(s)
Introduce the NSDI / S.A.F.E. PROGRAM
Show Video
Hand out NSDI Printed Folios
Safety Rules explained (initial each item on form)
Release Forms signed (if not signed, a woman can only watch)

Physical Technique Familiarization
a. Explanation
b. Demonstration
c. Repetition
   (1) By the Numbers
   (2) Slow for Form
d. Light Impact

Brief Summary and Closing

90% of Self-Defense is Awareness, Risk Reduction & Avoiding Confrontation
... Only 10% is physical.
WHAT's the COST?

8-Hour Train-the-Trainer Course
Registration fee (for minimum group of 20)
@ $185. per person INCLUDES:
Training & Certification,
Instructor Manual /with reproducible forms
(i.e. Release/Waiver form) for 2-Hr. Classes,
1 video/DVD & 2 full-color 13-pc. Folios

After Instructor Training, the only cost is for
printed 13-piece Folios (which depends solely
on how often you will facilitate the program).
Cost of Folios range from $3.50 to $4.50 per
woman depending upon quantity ordered.

Although ‘S.A.F.E.’ is a community service
program, you have the OPTION of obtaining
grants or local sponsors to fund your programs
OR
Charging each woman participant up to a one-
time $5.00 fee to cover cost of materials.
The great success of this truly unique program is a testimony to your passion to prevent any future victimization of women and children. As each year goes by, more and more police departments and organizations will become exposed to the S.A.F.E. Program and how it provides an alternative to succumbing to personal victimization.

...William B. Berger, Chief of Police, Palm Bay PD President, International Assoc. Of Chiefs of Police (IACP) 2001-02.

As a police officer and certified ground fighting instructor, I find the S.A.F.E. Program to be a practical approach to women's self defense. This program is basic and applicable; S.A.F.E. is an important foundation for risk reduction in victimization.

...Karla Hines, Coral Springs PD

One of the best crime prevention programs to come down the pike!

...Richard Barreto, Chief of Police, Miami Beach PD (retired)

Without reservation, United Teachers of Dade would recommend to all organizations/companies the implementation of a self-defense awareness course offered through NSDI. They offer important, up-to-date information and training by professionals in their field.

...Shirley B. Johnson, Ph.D.

After reviewing your organization's mission, professional marketing materials and video presentation, I see that you have a program that can clearly help women from becoming victims of crime.

...Wanda Colon-Mella, MBA Hispanic Crime Prevention Program, The Center for the Administration of Justice, Florida International University

I write to give my full support and endorsement to NSDI and the Safe Program. I encourage your favorable review of their request for funding. The program fulfills a need to promote women's awareness of self-defense.

...Claudia Grillo, Sr. V.P., United Way of Miami-Dade