**The Greater Alexandria Chapter of the National Federation of the Blind Presents:**

**Self Defense and Personal Protection Seminar for the Blind**

**Instructor:** David Carter, Founder of Relentless MMA and his staff of instructors

**Date:** Sunday, April 8, 2018

**Time:** 11AM (Beginning promptly and all 3 options begin at 11AM)

**Location:** Relentless MMA 14700 - K Flint Lee Road

Chantilly, VA 20151

Coach Dave will only be able to take up to 14 participants; first come, first serve basis

Participants have 3 options-

* 1 Hour Info Session (if participant only wants 1 hour info) $15
* 2-Hour (info session, scenarios, and demos being applied)- $20
* 3 Hour (info session. Scenarios and demos being applied)- $25

This Self Defense and Personal Protection seminar will only focus on realistic and simple goals, techniques, and tactics that have been proven to work for the blind.  Our seminar will focus on Martial Arts that blind people practice and compete in regularly.  Grappling styles like wrestling, Brazilian Jiu-Jitsu, and Judo where blind participants compete and the only modification they have over sighted people is that they are allowed to touch one part of their opponent at the beginning of the match, usually on the wrist to give them a since of range, balance, and movement so they can utilize their attacking and defending techniques.  Using what already works this seminar will focus on using contact to off balance and attack key areas on your attacker while at the same time maintaining balance and dominant position aka the "High ground" to protect ourselves or render our opponent unconscious or unable to continue attack due to high levels of pain.

To be covered:

* How to keep your base under Attack
* How to control your attackers arms to avoid being hit and to force them down
* How to defend yourself on ground
* How to escape various grabs and holds
* How to hit with knockout force or create enough pain that your attackers give up his attack

If you would like to participate, please register with Evelyn Valdez by replying to this announcement via email: evelyn.valdez212@gmail.com or txt/call: 908-803-4891.