



1-800-590-4687  
www.modelmugging.org

# WOMEN'S

## Self-Defense, Empowerment & Personal Safety

### REGISTER FOR THE COURSE ON LINE

Model Mugging is the original, most advanced and safest Fear Adrenal Stress Training (FAST) course available for women. It is a system designed for crime prevention, self-defense, personal safety, and empowerment. Women learn how to protect themselves from a single unarmed assailant (basic self-defense course), armed assailants, and multiple assailants.

Over the decades we have been teaching, we have noticed that as a woman's confidence increases, she can simultaneously identify and avoid situations that might normally involve physical conflict. The fighting experience gained during the course allows graduates to subtly maneuver as "hard targets", resulting in women with higher self-confidence and self-esteem who are acutely aware of coercive strategies, con techniques, and situations common to physical assaults.

The basic self-defense course can be taught during a single weekend. Private group classes are also available.

### This Course Will Change Your Life!!

- Protect yourself as a woman
- Reduce the fears of being attacked
- Empower your self-confidence and self-esteem
- Become assertive and maintain femininity
- Overcome traumas or abuse
- Build a physical connection with your body
- Memorize fight skills with no thought
- Find control in your life; create more choices
- Interview for jobs more confidently and effectively
- Increase your earning potential in life
- Embolden your life over the span of one weekend

### A COMPLETE & COMPREHENSIVE PROGRAM - PROVEN TO REDUCE THE CHANCE OF ASSAULT BY 95%

THE PARADOX OF SELF-DEFENSE: The more prepared you are to defend yourself the less likely you will ever have to. Women who know how to recognize and then effectively respond to potentially dangerous situations can get out safely. They can enjoy a happier and more fulfilling life.

# MOST ADVANCE TRAINING IN WOMEN'S SELF-DEFENSE

## ABOUT THE PROGRAM:

### A Course Developed from Extensive Research

Model Mugging developed in 1971 after a female black belt was brutally raped and unable to protect herself. Researching thousands of assaults against women quickly showed martial arts and other self-defense courses do not realistically teach women how to protect themselves from “street violence.”

This comprehensive course teaches you to use your strengths against an assailant's mental and physical weaknesses. You solve personal safety concerns related to dating, stalking, workplace violence, street survival, etc.

Over the past 35 years, hundreds of graduates have successfully defended themselves and thousands more have de-escalated violent situations without fighting. Our proven development of the “padded assailant” allows women to safely practice their skills in a safe and realistic environment.

## ABOUT THE INSTRUCTORS:

### Proven Experience

The instructor is a law enforcement officer with a military and martial arts background. Over the past 20 years of instructing, he has also done extensive research on the criminal mind and their behavior and brings this knowledge into the classroom. Every class has a minimum of one female instructor with a background in self-defense and rape crisis training.

## WHAT WOMEN HAVE TO SAY:

— “This was the best and most useful course I took in college.”

— “This class changed my life!”

— “I wish I took this class 20 years ago. I'm sending my daughters.”

— “After my attack, I lived with so much fear. Model Mugging gave me a feeling of self-confidence and healing.” - Theresa Saldana (Actress, Founder of Victims for Victims)

— “Before I took Model Mugging, I feared being alone at night. I felt vulnerable, and always on guard. Afterwards I still feel vulnerable, but I have knowledge of how I would defend myself. This knowledge is not in my brain, it's in my body. My body memorized the motions of how to react to an attack. Drilling these motions many times during the course, they became automatic. No need to think. Only react. I discovered I am not helpless or defenseless. I do not need my father or my brother to defend me. I do not need a weapon. I am capable of defending myself. My body is my weapon, and a powerful weapon at that.”  
- Renee Sundaram

— “I took this class at age 13 and am now 26 living alone in Manhattan, NY. Thanks to this class I've always been empowered, confident, aware of my surroundings and my fears of being attacked have never disabled me from living my life. I've never been assaulted or in situations I was not in control of and I continue to use the knowledge from this course every single day.”  
- Marcellina Vinci

