

**1 in 3 Women Will Be
Attacked in Their
Lifetime**

Simple Self Defense for Women® Program

Simple Self Defense for Women® takes a unique approach to self-defense. It is designed specifically for women who want to know How to **Simply Escape** an Attack, **NOT** Stay and Fight.



It is easily used by Tweens, Teenagers, Adults and Seniors. Most self-defense programs for women promote the idea of punching, screaming and kicking your way out an attack. We show women how to simply escape the most common types of attacks and teach them how to teach their children how to simply escape an attack. No one can teach you how to fight in an hour but we can show you how to simply an escape.



NO PUNCHING & KICKING

Most every self-defense programs for women promote the idea of punching, screaming and kicking your way out an attack. The Simple Self Defense for Women® program shows you how to simply escape the most common types of attacks. No one can teach you how to fight in an hour but we can show you how to teach your family and friends how to simply escape an attack!



**PAYING IT FORWARD ONE
WOMAN AT A TIME!**



Simple Self Defense for Women® has been featured on WKMG Channel 6 News, a CBS Affiliate, WESH Channel 2 News an ABC Affiliate, WNZF Radio, The Guetzloe Report, The Daily Buzz, GalTime TV, Lifetime Television The Balancing Act, the Daytona News Journal, Channel 13 News, My Bliss Magazine and more.



Charley and Tracy Vega are the owners of **Simple Self Defense for Women®** a company that promotes the personal safety of women through their PBS TV Show, Guest Speaking, DVD's, and their very popular Seminars and Workshops. They specialize in self-defense for women from ages 9 to 91 with a focus on **How to Simply Escape an Attack, NOT Stay and Fight!**



See what everyone is talking about and how simple and effective these techniques really are! We will have everyone on their feet participating, learning, sharing and talking about how this women's self-defense program was unlike any other! They will love it!

What You Will Learn

- ♀ Three Ways to Prevent an Attack When Approached by a Stranger
- ♀ Four Core Techniques on How to Simply Escape an Attack, NOT Stay and Fight and how to use those same techniques in different types of attacks.
- ♀ The ability to teach your children and other family members how to escape an attempted kidnapping

**WHAT EVER YOU'RE THINKING
ABOUT SELF DEFENSE
THIS IS NOT IT!**

Benefits of the Program

- Simple to Remember
- No Complicated Techniques
- Escape from Any Size Attacker
- Extremely Effective Techniques
- No Smelly Gym
- It is Interactive
- You Do Not Take Your Shoes Off
- No Strenuous Exercise's

**1 in 6 Women Will Be
A Victim of a Rape or
Attempted Rape**

Products and Services

Simple Self Defense for Women® product and services include a PBS Television Show, the sale of corporate sponsorships, seminars, workshops, an instructional DVD, a DVD of the TV Show.



Investing in the Personal Safety of Women

Simple Self Defense for Women® promotes the personal safety of women through the support of major corporations, organizations who are investing in the personal safety of women by offering programs to their employees, students, citizens, clients and prospects. Law enforcement agencies can incorporate into their crime prevention programs.



Clients and Corporate Sponsors include American Signature Furniture, Vince Carter's Embassy of Hope Foundation, State Farm, Halifax Hospital, Embry Riddle University, Bethune Cookman University, Ashworth Medical, Florida Hospital Memorial Center, Edward Jones Investments, Bright House Networks, Wal-Mart, University of Central Florida, The Daytona Beach Police Department and numerous others

(386) 295-2043

What our Clients
are Saying About Us

This Was Really Great!

Wonderful Would
Recommend to All Ages!

Very Glad I Came!

Excellent Information!

It Was a Great Seminar!

Extremely Helpful!

This Was Great to Try a
Move with an Instructor!

I will highly Recommend
to All My Friends!

Good Info, Price is Right!

Very nice People

Loved it!

Very Good, All of Us
Should Know This!

Great Class, I Had a Great Time!

This Was a Wonderful
Informative Program!

I Can Remember It
Because It is " Simple"

A Simple Fact

About 74% of the
victims of non-family child
abduction are girls.

Federal Bureau of Investigation

Simple Self Defense for Women® We work exclusively with businesses, organizations, industry associations, colleges, universities and law enforcement. Looking for a unique way to reward your employees, clients, attract new customers to your location or just demonstrate your community mindedness. Ask us how our professional staff can help?



Tired of the same ole conference, guest speaker or training program, we will have the women on their feet laughing, learning and having a great time. No one does what we do!

Simple Self Defense for Women®

How to Simply Escape an Attack, NOT Stay and Fight!



www.simpleselfdefenseforwomen.com



"This program is a MUST opportunity for woman of all ages who are interested in their personal safety.

Not only will they learn techniques to escape an attack, they will learn how to think about their surroundings and avoid being a victim altogether"

Michael Chitwood
Daytona Beach
Police Chief



1 in 4 Women are a Victim
of Domestic Violence

We Come to You!
Anywhere in the United States

Contact Us Today
(386) 295-2043

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