

### About Richard London



Our techniques are easily learned regardless of your age, size or physical ability.

- Do you feel unsafe at times and wish that you had the confidence to defend yourself?
- Have you ever wanted to learn self defense, but didn't have the time or money to spend years studying Martial Arts?
- If you were attacked by someone bigger and stronger than you would you really be able to stand and slug it out with him?
- Do you agree that it is more enjoyable learning something new with friends rather than by yourself?

If you answered YES to any of the questions above then our *Self Defense for the Defenseless* seminar is for you.

Mr. London has been training in the Martial Arts for over 24 years. He holds a third degree Black Belt in Tae Kwon Do, first degree Black Belts in Kempo and Jujutsu, and has trained in Hapkido and Aikido. Mr. London was an Officer in the Pineville, NC Police Department and a Deputy in the Mecklenburg County Sheriff's Department Reserve Unit.

Mr. London was awarded Instructor of the Year in 2003, 2004 and 2006 while serving as the Chief Instructor of the Tae Kwon Do program at a Charlotte area Martial Arts school.

His experience recovering from nine surgeries following an automobile accident, surviving cancer survivor and living with Parkinson's disease has given him great insight into real life self defense situations as they apply to people with disabilities. As a practitioner of several different styles of the Martial Arts, Mr. London is uniquely qualified to teach the most effective techniques for each given situation.

**Web Site:** [www.PracticalSelfDefense.net](http://www.PracticalSelfDefense.net)

**Phone:** 704-562-6810

**Email:** [info@PracticalSelfDefense.net](mailto:info@PracticalSelfDefense.net)

## ***A Handbook for Life<sup>SM</sup>*** ***Seminars*** PRESENTS ***Self Defense for the*** ***Seemingly Defenseless***

Learn practical self defense techniques designed for the elderly, women, and people with disabilities.



### **Our seminars are:**

- Practical for Real-Life Situations
- Easy to Learn
- Easy to Remember

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# Self Defense for the Defenseless Seminar

## Will I really learn techniques that I can use and remember?

Yes, absolutely. Our seminars teach simple concepts that can be applied in a multitude of circumstances. Many people find it helpful to bring a small pad and pen or pencil to take notes that help them recall the techniques long after the seminar is over.

## Is there an age requirement?

There is a minimum age of 13 to participate, but there is no maximum age limit. Techniques are tailored to each person's age and physical abilities.

## How long does a seminar last?

Each seminar lasts about two hours.

## Where are the seminars held?

The seminars are held at a meeting location of your choice. The instructor will come to you, you don't have to come to the instructor.

# Frequently Asked Questions

## Can my group use this as a fundraiser?

Yes! Depending on the number of participants and the location of the seminar your group can retain as much as 50% of the seminar fee.

## Is there a minimum or maximum number of people needed to hold a seminar?

Generally speaking, the minimum number of participants is 8-10. A comfortable maximum is 30, but we can accommodate higher numbers if we have a head count in advance.

## Do you conduct private lessons?

Yes, of course. Some people prefer to learn one on one and private lessons are available. Just contact Richard London and speak with him about your personal self defense goals.



## What are the types of groups that benefit from your seminars?

Retirement Communities  
Assisted Living Centers  
Church Groups  
Student Groups  
Community Centers  
Nurses  
Women's Groups  
Senior Care Centers  
and more...

## How can you be reached?

Phone us at: **704-562-6810**

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