



Monthly Newsletter Oct 2018

Welcome to the October newsletter, summer is officially over now, and the colder weather is moving in. Soon those clocks will go back, and the darker nights will join the darker mornings we already have. Criminals use this extra darkness to their advantage, as they can hide easier. We'll start to layer the clothing too so make sure you can still move to fight and get to any weapons you carry, if you need to.

Refuse to be a victim

Criminals look for easy targets, they don't want to work too hard, they don't want to be identified and they don't want to get caught. Make you, your family and your home a hard target! How you act, how your family works together and how your home looks can all deter the criminal. I post on social media more than just self-defense classes, look for post about personal safety too.

Four Week Classes

I've joined up with a new gym in town, Burn Fitness Co to bring a new option for people to learn simple but effective self-defense skills. This will consist of four, one hour classes on a Saturday morning. We'll break down the Basic class and provide more time to practice the concepts. We'll try them at a faster pace too.

Free Prize Draw

The October winner's name is being put out on social media, they have until December to claim their free training. They can attend a month of my weekly classes, that's a \$40 prize. Please tell your friends and family to submit their name for a chance to win too. The next name will be drawn at the end of October, that winner will get three months to claim their prize too.

Refresher Classes

If you've attended one of my classes in the past but feel like you need a little refresher to keep the concepts in mind, this class is for you. I can set up a

refresher class for a group of friends or you can attend an 'open mat' session I have every Sunday after the weekly classes. It's an hour where we can cover anything you want. Just let me know ahead of time you are coming.

Try Before You Buy

Not sure if weekly training is right for you or your child? Here is an offer that lets you find out without having to part with any cash first. Come down to a weekly class and train the first week, if you don't like it then thanks for trying and you owe nothing. I'm hoping that you do, so when you return for week two that's when you pay. I'm prepared to gamble that first week.

I have several ways to save money too, so check out 'Special Offers' on my website.

If you have any friends, family or co-workers that would benefit from my training, please pass on my details, there may be special offers they can take advantage of too.

That's it for this month.

Thanks,

Dave

You are receiving this email as you have provided your email address at either one of my classes or when contacting me at some point. If you do not wish to receive any emails from me, please let me know.

Your information is kept secure, it is for my use only and not passed to anyone else.