

## Senshido Curriculum:

Since both time and funding are limited, we have great success offering our material in intensive workshop, covering all facets of Violence Survival, both theoretically as well as practically. The following modules are tailored to ensure optimal training for individuals and institutions:

- Fundamentals of Personal Protection
- The Shredder®
- On the Cutting Edge (Knife Defense)
- Tactical Gun Defense (Pistols Defense)
- Outnumbered But Not Outgunned (Surviving multiples)
- Understanding and using Improvised Weapons

Each module builds on the one preceding it, with the Fundamentals one being the first in the program. The workshops can be taken at different time periods or in a row.



Essential Protective Skills for Individuals and Professionals

Keeping You SAFE  
... For Life !

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## Safe International Travel

### Senshido Defined:

Senshido - The Way of a Thousand Masters – teaches a scientific method of Self Defense (Personal Protection). Unlike Martial Arts or Combat Sports, we do not teach “techniques” or “moves”. Rather, we teach individuals how to improvise under stress and use their bodies’ instinctive and natural reactions to protect themselves.

Because Violence doesn’t happen in a vacuum, Senshido fully covers what happens before and after an attack, not just during the assault itself. This prepares participants mentally, emotionally, and physically, thus allowing them to avoid, prevent, escape, and fight back using scientifically proven principles.

Since 1994, our international team has had the honor of making thousands of men and women safe, across the globe, by sharing our skills and knowledge. In Lebanon alone, we have taught hundreds how to protect themselves and their loved ones from harm.

### Senshido’s Advantages:

Unlike Martial Arts or Combat Sports, we do not teach “techniques” or “moves”. Senshido’s Personal Protection methodology is based on thoroughly understanding the Pre-Contact, Contact, and Post Contact aspects of violence, and incorporating scientific principles (Namely police and military science, human behavior, physiology, psychology, criminology...), concepts, strategies, tactics, and Gross Motor Skills in our training.

#### Therefore, Senshido is:

##### Immediately applicable:

Useable instantly after being learned, effectively applicable in any situation, regardless of a student’s gender, age, physical, medical, or emotional status. Our tactics are Simple To Learn, Impossible To Forget™.

##### Designed to work in real-life situations:

Because our tactics come from actual Real World experience, our training is tailored accordingly. This allows us to safely and convincingly replicate scenarios that incorporate human, environmental, and variable errors.

##### Boosts confidence:

Our realistic situational training will foster and enhance the confidence of participants, improve their teamwork under duress, and reduce the likelihood of panic in stressful encounters.

##### Customizable:

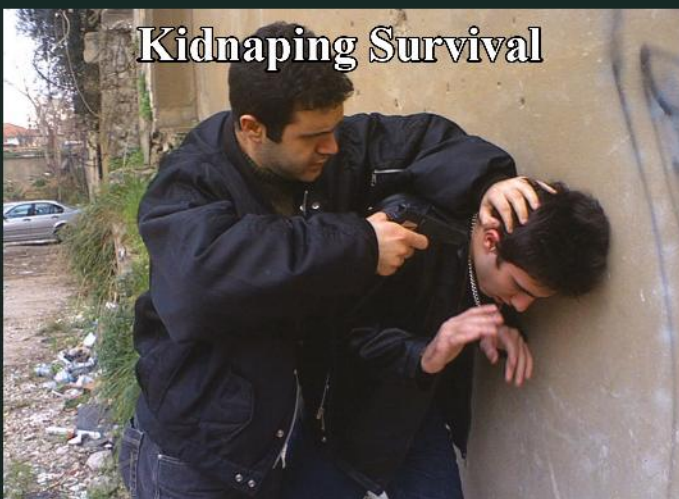
With minimal preparation and retraining, Senshido’s methodology is transferable from one sector of activity to another (Avoiding kidnappings & muggings, surviving street and bar fights...).

##### Covers the entire spectrum of conflict:

Senshido educates individuals on effectively dealing with all the aspects of aggression (Psychological, emotional, behavioral, physical, armed, and unarmed encounters).

##### Time and cost effective:

Today’s Professionals have limited time for training. Senshido can be learnt and applied effectively in under 20 hours of instruction.



## Kidnaping Survival



## Dealing with Robberies

### Our Mission:

As the world leader in the field of Personal Protection and Reality-Based Self Defense, our primary mission is to empower individuals and On-The-Move Professionals such as Businessmen, Bankers, Consultants, Jewelers, Journalists, Diplomats, Travel Specialists, Flight Attendants Medical, Emergency Personal and Civilian Contractors, among others with simple, efficient, and “conflict validated” tools, tactics, and strategies to survive modern violence.

Our program’s secondary objective aims at improving the lives of our clients by providing them with specially designed Conditioning, Fear and Anger management, Awareness tactics, De-escalation and Negotiations strategies, and threat interception drills, via our revolutionary Scenario Replication and Tactical Role Playing protocols.

The Purpose of this brochure is to outline our training methodology for all individuals whose line of work and lifestyle increases their health and security risk, be it because of geographical position or professional assignments (Management and Transferring funds, handling confidential documents, transporting precious materials, etc.)