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THE S.T.E.P. PROGRAM

WOMEN'S SELF - DEFENSE CHEMICAL SPRAY TRAINING

The **S.T.E.P.** system is a new and progressive training program, developed for *Women* and other vulnerable *Victims*. The program defines, and supersedes, current training in the use of chemical O.C. Pepper Sprays.

The program is designed to be utilized against physical attacks, whether armed or unarmed. The program also trains Students to prepare (*have a plan*) against such attacks, by using "**Active - Defense**" techniques. These techniques have never before been taught to *Women* and other *Vulnerable Victims*.

The syllabus includes :

- ◇ Retention techniques during *Crisis*.
- ◇ Multiple target application.
- ◇ Canine defense.
- ◇ *Self, Victim, and Suspect* first aid.
- ◇ *Lawful Use of Force* applications.

The **S.T.E.P.** *Program* includes teaching the use of force continuum in accordance with State and Federal Law.

The **S.T.E.P.** Program delivers a philosophy of
'MAKE IT HARD TO HURT YOU'

- ◇ The course is taught over a half day, four hour session.
- ◇ Comfortable civilian dress may be worn.
- ◇ O.C. sprays and belt retaining device supplied with course.

** *Training notes also supplied with course.*

