

Please mail registration form/payment to: Executive Security Agency, 1172 S. Main St. #137, Salinas, CA 93901, (831) 206-9979
(Date and location determined upon availability and class size)

ESA SELF-DEFENSE C.A.P.E. TRAINING
Confidence, Awareness, Prevention, Empowerment
(Minimum of 10 Students / Maximum of 20)

Name _____ DOB ____/____/____ Age ____ Gender Male Female
Home Address _____ City _____ State _____ Zip Code _____ USA
Company/Organization (If group, all participants must fill out an individual registration form) _____
Business Street Address _____ City _____ State _____ Zip Code _____ USA
Telephone (____) _____ E-mail _____
 Litwiler Package Sparring Package Anastasia Package Amount Enclosed _____
In consider of accepting my registration, I do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all claims which I may have or which hereafter accrue to me against Executive Security Agency, or their respective employees or agents for any and all injuries suffered by me in connection with my participation in this self-defense course. I also certify I am physically fit to participate in this event.
Signature _____ Parent's Signature if Minor _____ Date _____

Cut here and mail to the above address



Participants practice how to:

- Project an attitude of awareness and confidence.
- Be aware of the behavior of others on public transit, at parties, and on the street in order to take charge and prevent potential problems from escalating.
- Control space and distance between themselves and others.
- Deal safely with verbal attack.
- Create safety plans that allow for independence while making it easier to get help in an emergency.
- Set boundaries with people.

1. **Make a Plan:** Only one or two minutes of thought a day can prepare you to keep yourself safe most of the time. Knowledge is power. Think about what the potential safety problems are in every place you go and learn how to prevent them. Know who to ask and how to persist in getting help. Do the simple things like locking your doors.
2. **Pay Attention:** Use your awareness to notice what is happening around you. That way you can avoid confronting difficult or dangerous people.
3. **Assess Realistically:** It's normal to wish that a potential problem will just disappear if you ignore it, but most safety problems don't go away by themselves. Judge people by their behavior rather than by their superficial appearance. Look at the environment, not just the problem. Think about what all of your choices are.
4. **Take Preventative Action:** Depending on the specific situation, you can leave rather than confronting someone, set clear boundaries to stop someone from bothering you, and advocate for the well-being of yourself and others. Be both powerful and respectful in whatever action you take.
5. **Get Away to Safety:** If you cannot just leave, know how to use both your voice and body forcefully to escape from a person or other danger. Just one strong move like yelling, pulling away, or hitting someone can stop most attacks long enough for you to get away and to get to safety.
6. **Get Help:** No problem is over until you are with people who can help you. People are sometimes distracted or don't want to get involved. Keep asking until you get the support you need. If one person doesn't listen, find another. Reporting a problem can also help protect others.

Members of

Salinas Jaycees – Board Member
Salinas Jaycees – Steps for Safety 5K Run/Walk Founder
Salinas Chamber of Commerce – Diplomat
Monterey County Young Professionals Group – Member



Self-Defense Instructors
Bradley Sparring (Left) Eli Anastasia (Right)

Tony Vincent's
Executive Security Agency



Confidence Awareness
Prevention Empowerment

ESA SELF-DEFENSE
C.A.P.E. TRAINING

Offered in South Salinas @
TWO STEPS AHEAD, Located @ 832 S. Main St.
Call 1-877-HIRE-ESA (4473-372) Option 3

Salinas, California

Course Benefits
College Students Women's Groups &
High School Students



ESA International, LLC
A SECURITY & SAFETY CONTRACTOR COMPANY
1172 South Main Street, Suite 137, Salinas, CA 93901
Office: (877) HIRE-ESA (4473-372) Option 3 / Cell: (831) 206-9979
Fax: (831) 417-2083 Web: www.TheESA.us
E-mail: tonyvincent@TheESA.us

self DEFENSE for Your SAFETY!

tonyvincent@TheESA.us

Packages

Litwiler	Package \$45	Basic
Sparling	Package \$70	Intermediate
Anastasia	Package \$90	Advanced
3 Course	Package \$190	Package Deal

Interested? E-mail tonyvincent@TheESA.us to register

LITWILER PACKAGE: 2 Hours, Basic Strikes and Defense, Basic Drills and Submissions

I. Strikes (15 minutes)

Opening speech explaining how strikes work, the damage they can cause, and how to use them.

1. Fight Stance
2. Jab, Straight
3. Left/Right Hook, Left/Right Uppercut
4. Basic Defense (parry, head movement)
5. Ear Pulls/Slaps, Eye Gouging, Groin Punches/Kicks, Hair Pulling, Tiger Claw

Do you live alone?

II. Submissions / Grappling (15 minutes)

Opening speech explaining what submissions are, how chokes work, the damage they can cause and how to use them.

1. Grappling Stance
2. Different Types of Hand Locks
3. Grappling Positions (side control, in guard, mount, etc.)
4. Rear Choke

Do not be a victim of date rape

III. Defense (15 minutes)

Opening speech explaining how to be aggressive on your defense and to never give up in any situation.

1. Defense for Rear Choke (standing and on ground)
2. Defense for Rear Bear Hug
3. Defense from bottom (parry punch from bottom)

Parents, is your daughter going away to college?

IV. Drills / Questions (15 minutes)

1. Go over drills with partner
2. Answer any last questions

SPARLING PACKAGE: 3 Hours, Muay Thai Strikes, Submissions and Defense

I. Strikes (25 minutes)

Opening speech about Muay Thai strikes and how to use them.

1. Muay Thai Fight Stance
2. Elbow and Knee Strikes
3. Blocks & Counters for Strikes
4. Clinch Work (body & head punches)



Drill Strikes (5 minutes)

**FACT: Weak points are eyes, ears, groin
Ear slaps are 5x more powerful to throw off equilibrium**

**make a plan PAY ATTENTION
take preventative action
Assess Realistically get away to safety
want to gain distance get help**

II. Submissions / Grappling (25 minutes)

Opening speech about submissions and how to restrain your attacker.

1. Rear Choke Variations (including figure 4 with legs)
2. Double Leg Takedown
3. Shoulder Lock (from bottom and side control)

Drill Grappling Techniques (5 minutes)

----- 1 hour mark

III. Defense (25 minutes)

1. Sprawl (with knee variation)
2. Defense from Front Choke (with knees, elbows, knee and groin kicks)
3. Defense for Shoulder Lock (from bottom and side control)
4. Guard Sweep

Drill Defense (5 minutes)

IV. Drills / Questions (25 minutes)

1. Drill Combinations and Counters
2. Review (techniques that were taught)



Answer and questions and explain what "Live Scenarios" are. (5 minutes)

V. Live Scenarios (for the next class)

1. Live Scenarios is having the students pair up, and putting them in a certain scenario (Instructor will be the attacker, and Instructor will be the victim). The scenarios will consist of anything from getting to your feet when someone is on top of you, or getting out of a rear choke. This is just to see how the students will react when they are under stressful situations and to give them a little taste so they can kind of know what to expect. This will also teach the students how to use the surrounding environment to their advantage.

ANASTASIA PACKAGE: One 2 Hour Class and One 2.5 Hour Class, Advanced Muay Thai Strikes, Submissions, Advanced Counters and Combinations, Defense Against an Armed Attacker (knife and gun)

I. Strikes (25 minutes)

1. Muay Thai Kicks (High/Low Round Kick, Inside Out Kick)
2. Muay Thai Combinations
3. Wrist Grap Punches / Counter Strikes (block, wrap arm, strike)
4. Ground-N-Pound (from guard, side mount, mount, etc.)

Drill Muay Thai & Ground-N-Pound (5 minutes)

FACT: There is a rape every 2 minutes

80% of abductions are by a stranger, teenage girls are at higher risk

Awareness is defending yourself by being conscious of your surroundings and making good decisions

II. Submissions / Grappling (25 minutes)

1. Throw Away Guard to Pass
2. Telephone Lock
3. Guard Sit-Up Front Choke
4. Shrimp to Guard

Drill Grappling Techniques (5 minutes)

----- 1 hour mark

III. Defense (25 minutes)

1. Muay Thai Defense (High/Low Kick Checks)
2. Takedown when attacker is charging you
3. Escape from Full Nelson

Drill Defense (5 minutes)

IV. Live Scenarios (30 minutes)

1. Drill Live Scenarios and Answer any Questions

ANASTASIA PACKAGE : Day 2

I. Strikes (25 minutes)

1. 50/50 Clinch (knees, elbows, head-butts)
2. Muay Thai Clinch Techniques
3. Ground-N-Pound (knees & elbows, knee on belly)
4. Strikes from bottom

Drill Strikes (5 minutes)

II. Submissions / Grappling (25 minutes)

1. Turning Armbar from Guard
2. Front Side Choke
3. Single Leg (sweep variation)

Drill Grappling Techniques (5 minutes)

----- 1 hour mark

III. Defense (25 minutes)

1. Defense for Single Leg
2. Defense for Armbar from Guard
3. Cat Position (if you get knocked down)

Drill Defense (5 minutes)

IV. Anti-Gun/Knife Techniques (1 hour)

1. 360 Degree Defense Technique (for knives or blunt objects)
2. Defense for Hostage Situation (attacker is behind you with gun to your head)
3. Defense for Side Gun Assault
4. Defense for Front Gun Assault

V. Live Scenarios (until time runs out)

**Self-Defense Instructor: Bradley Sparling (831) 320-2723
Self-Defense Instructor: Eli Anastasia (831) 277-7645**