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Please Read!

Introduction

Welcome to EmpowerUSA's SAFE & STRONG! Personal Safety & Self Defense Instructor Training course! I want to explain a few things that should help you more efficiently and effectively complete this course, which should ensure your complete success! If you have any questions, don't hesitate to contact me!

Course Content

You may have already completed a previous "version" of this course – Empower Self Defense – Phase 1 & 2. This course was built off that course – so you will see some of the same content. Do NOT be alarmed – there is a TON of new content (training concepts and physical skills weapon self-defense). There is a new video. I have also included the 'old' videos – the information is valuable and has not changed since the original videos were produced.

Here is what you get with this course:

- Course Manual – a **TON of new content**.
- 3 videos
- **Online Exam Packet – complete the exam and receive immediate results!**

Suggested Course Completion Sequence

These are only suggestions – not required!

- Read the Manual
- Open and view the video files
- Practice the skills!
- Complete the Final Exam
- Complete the Evaluation form

If you have any issues with any of the course materials, notify EmpowerUSA immediately!

Thank you for taking this course! **When you finish this course, ask us about the other component of our SAFE & STRONG! program – EmpowerUSA Kickboxing Fitness Instructor Training!**