



ELMIRA CORNING REGIONAL
ASSOCIATION OF REALTORS®

Seating is limited and will be offered on
a first-come, first-served basis.

Elmira-Corning Assoc. of REALTORS®
3338 State Route 352
Corning, NY 14830
Phone: 607-562-7035
Email: srose@elmira-corningrealtors.com

“Unarmed Self-Protection Essentials Course”

Course Title: “Unarmed Self-Protection Essentials Course”

Continuing Education Hours: 0 CE Hours

Date: Wednesday, September 25, 2024

Time: 2:00pm-4:30pm

Location: Elmira-Corning Association of REALTORS Office

Instructor: Zachary Pugh

Cost: TBD

Registration Deadline: September 23, 2024

Course Description: *You might be unarmed, but you have options. Unarmed, doesn't mean defenseless. Learn how to effectively prevent an incident and protect yourself when it happens. We will help you learn the skills necessary to keep yourself safe. Our course will cover the following:*

- *Discussion to include:*
 - The laws related to such (NYS Article 35– Laws Governing the Use of Physical Force and Deadly Physical Force)
 - Instinctive Protective Behaviors
 - Predatory Behaviors
 - Mindset & Awareness
 - Assailant Goals & Fears
- *Hands-on skills and tactics development and drills session related to single assailants and surviving assaultive behavior*
- *Practical Scenario Exercises which will allow each participant to be put into at least one realistic self-protection scenario to put the skills & tactics learned during the course to the test.*

For questions and or to register call

Sandy Rose at 607-562-7035.

Your registration and payment will be taken over the phone.

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