

# Bailey's Karate School

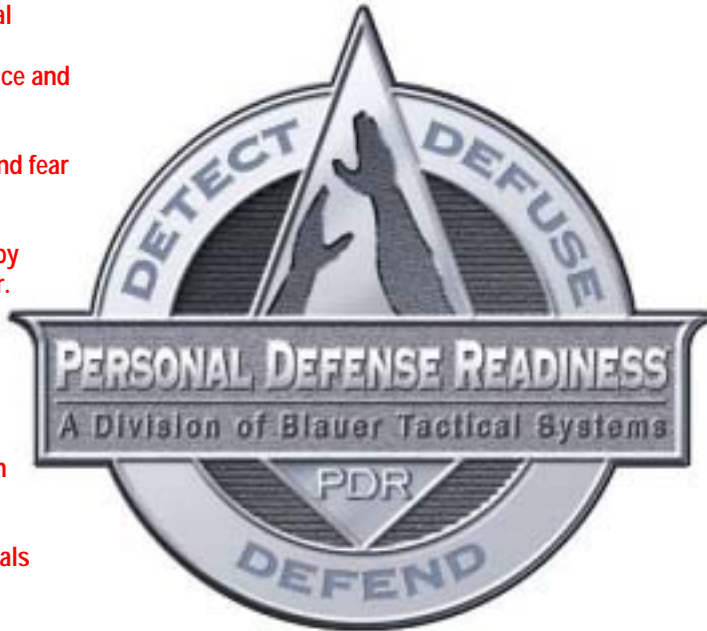
Presents

Tony Blauer's

## PERSONAL DEFENSE READINESS™ & S.P.E.A.R. SYSTEM™ Seminar Event

January 24<sup>th</sup>, 2009 – Herkimer, NY

- This S.P.E.A.R. System and Personal Defense Readiness program will dramatically increase your confidence and confrontation management skills.
- We specialize in proven mind-set, and fear management strategies.
- All of the skills taught can be used by anyone, regardless of age or gender.
- The program is designed and engineered by martial art pioneer Tony Blauer and is the only self-defense program in the world that has been medically reviewed on 3 different continents.
- Train in with our team of professionals committed to your personal safety.
- No prior experience necessary.



*"This course is a must for anyone who wants to be empowered with the knowledge and confidence to defend themselves and their family."*

*The course includes a fear management system that can be successfully applied to everyday situations, not just self-defense.*

*The information I learned has helped me mentally and physically and made my children safer".*

*-Mike Moody*





## **Personal Defense Readiness™ Seminar:**

...Is based on the **S.P.E.A.R. SYSTEM™**, which is the first genetically, and behaviorally inspired self-defense course. It is the only self-defense method that fully integrates the body's reflexive responses and instinctive survival mechanisms making S.P.E.A.R. the easiest, most natural way to protect yourself. This 1-day seminar is open to the public and will challenge, and enlighten everyone who attends.

PDR seminars are dual track (learn at your own pace) classes for both experienced and new attendees. New participants will receive an introduction into Tony Blauer's renowned mind-set & fear management strategies that include important components from the Cerebral Self-Defense™, Cycle of Behavior™ and Be Your Own Bodyguard™ programs. Understanding F.E.A.R. is the key to overcoming any obstacles in life.

Time permitting the training will also feature **High Gear™** training related to the seminars theme.

This course will not interfere with any prior training and can be used to augment any personal toolbox.

**Get the point!... the S.P.E.A.R. SYSTEM™ point that is. Come to a PDR Seminar, it's guaranteed to kick you into High Gear! ☺.**

## **Comments From Past PDR Attendees:**

*"Thanks again for a class. The PDR seminar was a great experience. Each segment was fun, challenging and unbelievably informative. My beliefs about self-defense have been changed forever.*

*Please extend my thanks to the other students as well. They were extremely helpful and patient. They made me comfortable when I was outside my comfort zone."*

**Sincerely, Sean O'Brien**

*"The seminar was an excellent experience filled with many blue prints. The drills were superbly thought out and executed. I am glad I went. I am confident the other attendees feel the same as I do and it was great to meet and work with them all.*

*I feel that I benefited from both a student's point of view as well as from an instructors point of view. I look forward to training with the PDR team again soon."*

**Sincerely, Scott Boyce**

## **About Your PDR Coaches:**

Tom and Dana Arcuri hold multiple certifications under world-renowned self-defense expert Tony Blauer, and are the program managers for Blauer Tactical System's international PDR training team. In this role, they provide training at regional events throughout North America. They have nearly 50 years of combined martial arts experience and have been full time directors of a highly successful martial arts school in central New York since 1991.

[www.baileysherkimer.com/pdr.htm](http://www.baileysherkimer.com/pdr.htm)  
[www.BlauerTactical.com](http://www.BlauerTactical.com)

## **A Word From Tony Blauer, CEO BTS USA:**

*"Our research has influenced professional trainers around the world, and now we've decided to pass this vital training and mind-set research on to the public. Remember, the S.P.E.A.R. System is a bridge to your style or method...our research integrates fear management, psychological preparation and functional gross motor tactics and can be learned and Incorporated by anyone, with any level of experience. I know you will enjoy this training. Stay safe!"*

## **Seminar Theme:**

➤ PDR Applications for Multiple Assailants

## **Details:**

**Date:** January 24<sup>th</sup>, 2009

**Place:** Bailey's Karate School, 216 N. Main St., Herkimer NY

**Times:** Saturday 10:30-5:00pm

**Tuition: \$65 (bring a friend 2 for \$115)**

(Mail to: BKS, PO Box 48, Herkimer NY, 13350)

**Contact: (315) 866-2589** or

[PDR@BaileysHerkimer.com](mailto:PDR@BaileysHerkimer.com)

**Hotel:** [www.herkimermotel.com](http://www.herkimermotel.com)

**Dress:** Comfortable clothes & clean sneakers

**Food:** Light lunch provided.

**Who can attend:** Ages (13 yrs & up), and all public safety officers/officials.

**Attn LE & Mil Trainers:** Blauer Tactical Systems is renowned for their law enforcement & military programs, however this is a PDR course designed for scenarios the average citizen may face. You are welcome to attend, however, if you are seeking DT or combatives certification you must contact BTS HQ by emailing [combatives@blauertactical.com](mailto:combatives@blauertactical.com) or visiting [www.BlauerTactical.com](http://www.BlauerTactical.com).

