



# GET A GRIP Self Defense Workshops are now doing a Free Public Workshop.

*Originally created to offer paid Corporate self defense workshops, the training has been so popular GET A GRIP Workshops have gone public, and FREE of Charge.*

INDIANAPOLIS, INDIANA, UNITED STATES, February 24, 2014 /EINPresswire.com/ -- Coming to a city near you! GET A GRIP Self Defense Workshops have become so successful that people have asked us to expand from the Corporate training to now offer Workshops Across the United States, So that is what we are doing starting in 2014! With Corporate sponsors We can and are offering Free Workshops all across the United States. Bill Morgan President and Founder seems to think the success is do primarily to the fact that the program is so much more then the typical tactical focus, we have found that statistics do not show learning technique after technique bares fruit! His example is that weight loss is a billion dollar industry when there is really only one way to lose weight, take in less calories then we burn! The problem isn't in knowing what to do, the problem is people following through, same with traditional Self Defense programs, they can learn it but when they leave most people, around 90% don't refresh or stay sharp. Our Program is different, sure we teach you the Best escape moves, then we MAKE SURE YOU WILL REMEMBER THEM, but more importantly we Break the Statistics down and show you what they really say, and Mr. Morgan says when you do that, people are amazed, and realize they need to look at taking a different approach, our approach. For More information on GET A GRIP Self Defense visit there website and read the about us page [www.getagrip-sd.com](http://www.getagrip-sd.com).

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