

FREE sdi7 HIIT Workouts and Self Defense & Safety Seminar in Washington D.C August 3 & 4

FREE sdi7 HIIT Workouts and Self Defense & Safety Seminar in Washington D.C August 3 & 4. Self Defense and Fitness expert introduces NEW Workout sdi7 HIIT.

NEW YORK, NEW YORK, UNITED STATES, July 31, 2018 /EINPresswire.com/ -- [Self Defense](#) and Fitness expert Rob Fletcher introduces a new dynamic program and workout: sdi7 HIIT and Self Defense Workout for Women. Available as 6-week programs, seminars, and presentations. Offered to health clubs, gyms, colleges, universities, high schools, and special event workshops. This active workshop is customized according to needs and objectives. This includes time allowance and the topics of College Campus Safety, Prevention, and Awareness.

sdi7 HIIT is a series of 7-minute interval workouts which includes fighting skills, self-defense, effective street combative techniques, boxing, MMA drills, kickboxing, strength and conditioning, abdominal and core work. By implementing this into your workouts you are reinforcing the skills of self-defense through repetition. Turning the skill into a reaction, and a reflex.

The 90-minute seminar includes:

* Things you should be aware of: Facts and Statistics

* Safety, Prevention, and Situational Awareness. Advice, and tips.

* Psychology: The mindset and the zones: Red, Yellow, Green, and Gray

* What to do if attacked.



By taking the sdi7 HIIT program put yourself and your loved ones out of the category of being the perfect victim"

Rob Fletcher

* Where and how to strike.

* Fighting skills and drills.

* The Target areas.

* Self-defense against common attacks.

* The Workout: putting together what was learned into a 7-minute interval workout.

Rob Fletcher - Creator of the sdi7 Safety. Prevention. Awareness. Self Defense Program and the sdi7 HIIT Workouts. He is a Black Belt. Self Defense & Fitness expert.

A former North American Kickboxing Champion, and member of the World Champion US Kickboxing Team. Inducted into the Black Belt Masters Hall of Fame. Listed in The Who's Who of Martial Arts. Honored with the Joe Lewis PKA Eternal Warrior Award. Author of America's Next

Join Us in Washington D.C. August 3-4 Actions Conquer Tragedy
2018 Who's Who Martial Arts Legends Banquet and the US Capitol Classic

AMERICA NEEDS THE MARTIAL ARTS

Fight Back! Stay in the Fight! Never Give Up!!!

Reigan Delaney Tokes
March 13, 1995 - February 9, 2017

"Together we will make a positive impact. Together we will make a difference. Together we will change and save lives"

The Reigan Tokes Story:
On February 8, 2017 shortly after leaving her work shift, 21 year old Reigan Tokes was abducted, raped, ligated and murdered. After being raped Reigan was forced to drive to Solon Grove Metro Park in Grove City, Ohio. He then compelled her to strip naked in the bitter cold. Reigan's last words would be, "I just want to live" before being shot in the head 2 times.

Actions Conquer Tragedy (Evil will not win. Good will prevail)
Reigan's death was preventable. A result of a failed system (the existing laws and policies in the state of Ohio). Through sheer strength, faith, courage and love for their daughter Lisa and Toby Tokes took immediate action to fight back. With tremendous support from politicians the Reigan's Tokes ACT moved forward. Actions Conquer Tragedy joined forces with Martial Arts Master Rob Fletcher, creator of the sdi7 Safety. Prevention. Awareness. Self defense Program and the sdi7 HIIT Workouts. Lisa Tokes will be a featured speaker at 2018 Martial Arts Legends Banquet and the US Capitol Classic/Dennis Brown Foundation and raise awareness on the importance of teaching self defense and how to fight to beds. Lisa will be speaking of the ACT objectives and encouraging support for Actions Conquer Tragedy.

Follow Us on Instagram @sdi7usa

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FREE sdi7 HIIT Self Defense and Safety Seminar Washington DC Aug 3rd & 4th

Great Trainer Transform Your Life.

Actions Conquer Tragedy. The Reagan Tokes Story.

Rob was enlisted by the Tokes family who lost their 21-year-old daughter Reagan. Reagan was abducted, robbed, raped and murdered February 8, 2017. Much of what he does will benefit the Action Conquers Tragedy Movement and the Reagan Delaney Tokes Memorial Foundation. Launching national programs, seminars and sdi7 HIIT Trainer Certifications which will be offered to high schools, colleges, universities, health clubs and fitness studios, businesses and for organized special events. The sdi7 HIIT program is designed to educate and raise awareness. Providing the knowledge and skills of self-defense. How to fight back. Where and how to strike to survive an attack. For more information, you can visit www.rdtmf.com

Lisa McCrary-Tokes - Founder of the Action Conquers Tragedy Movement and the Reagan Delaney Memorial Foundation. Lisa along with her husband Toby is a driving force responsible for bringing to fruition the legislative change known as the Reagan Tokes ACT. Designed to prevent the horrific tragedy which they have experienced, the abduction, rape, and murder of their 21-year-old daughter Reagan. The Reagan Tokes Act has bipartisan support from Senator Kevin Bacon, House of Representatives Kristin Boggs, Senator Sean O'Brien and House of Representatives Jim Hughes. The Reagan Tokes ACT is the difference between protecting and saving innocent lives as opposed to losing them. Lisa is a Certified trainer herself, 200-hour ERYT, and YogaFit Instructor. Both have common motivation, purpose, and intention. Lisa will be working with Rob to become a sdi7 HIIT certified trainer.

Schedule or host an event at your college or university. sdi7 College Campus Safety. Prevention. Awareness. Self Defense Program and experience the awesome sdi7 HIIT Workouts. Email sdi7hiit@gmail.com for more information.

Website: www.sdi7hiit.com

Instagram: @sdi7hiit

Twitter: @robletcherangt

Guest appearances on events, radio and television talk shows or further information please email: sdi7hiit@gmail.com

Together we will make a positive impact. >

Together we will make a difference."

Together we will save lives."

Rep. Kristin Boggs
D - Columbus

Rep. Jim Hughes
R - Upper Arlington

Sen. Kevin Bacon
R - Westerville

Sen. Sean O'Brien
D - Bazetta

Rally For Reagan

Actions Conquer Tragedy

FIGHT BACK

Toby & Lisa Tokes
Reagan Tokes Parents

From the left:
Rob Fletcher Self-Defense Expert,
Lieutenant Brian Davidson,
& Sergeant Kevin Holmstrom

Contact the Reagan Delaney Tokes
Memorial Foundation
rally@rdtmf.com
www.rdtmf.com

To Learn more Contact:
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845-406-5069
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Actions Conquer Tragedy The Reagan Tokes Story

Welcome to our sdi7 HIIT Safety, Prevention, & Awareness, Self Defense Program

About Rob Fletcher:

- Author America's Next Great Trainer Transform Your Life.
- Listed in the Who's Who Directory of Martial Arts.
- Black Belt, North American Kickboxing Champion, Member of the World Champion USA Kickboxing Team.
- Certified IFPA International Fitness Professionals Association.
- Certified ISSA International Sports Sciences Association Master Fitness Trainer.
- Visit robletcherenterprises.com for more information.

sdi7 - HIIT -

ANGT

sdi7 HIIT Creator Self Defense and Fitness Expert Rob Fletcher

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