

sdi7 HIIT Safety & Self Defense Tips

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COLUMBUS, OHIO, UNITED STATES, August 22, 2018 /EINPresswire.com/ -- The Mollie Tibbetts story should be a reminder to us all. Women and teen age girls especially need to adhere to daily safety practices, habits and behaviors. Avoid a comfort zone, being complacent - the it will never happen to me attitude. Prevention will always be your best self defense, situational awareness. Unfortunately, this is a very common attack on female joggers.

sdi7 HIIT Safety and Self Defense Tips

1. Jog with a buddy or in a group.
2. Jog/Walk in well lit and populated areas.
3. Avoid jogging/walking in unknown or isolated areas.
4. Avoid late night walks/jogs.
5. If early morning or late night walks/jogs cannot be avoided travel in well lit, public areas.
6. Communicate to family members or friends your path, and expected time of return.
7. Avoid head phones. Listen, Be aware.



Your best self defense is prevention, situational awareness. Follow daily safety habits and behaviors. Not to instill a paranoid fear but rather a healthy awareness. Don't be the perfect victim"

Rob Fletcher

8. Mix up the time of your walks/jogs and the path of travel.

9. Carry Pepper Spray. Hold it in your hand, ready to go. Practice using it.

10. Trust your instincts.

Please follow this simple checklist daily.

It is a very good idea to have the knowledge of self defense. Know where and how to strike. Know the target

areas and your available weapons.



Be prepared. Carry pepper spray. Know how to use it.

Here is a simple instructional video for those who wish to get a good understanding of very effective strikes you can use and the vulnerable target areas. sdi7 HIIT Self Defense Instructional

Link:

<https://www.youtube.com/watch?v=HgGoY294sn4&t=948s>

To schedule an appearance with Rob Fletcher or a sdi7 HIIT Safety and Self Defense Seminar at your; college, high school, health club, fitness studio, business or special event Email: sdi7hiit@gmail.com

Live positive, healthy, fit, confident, strong & SAFE

About Rob Fletcher
Black Belt. Self Defense & Fitness expert. Listed in The Who's Who of Martial Arts. Author of America's Next Great Trainer Transform Your Life. Featured on numerous national radio and tv shows including ABC's Good Morning America. He is the creator of the sdi7 Safety. Prevention. Awareness & Self Defense Program. For information please go to www.robletcherenterprises.com

Rob Fletcher
Rob Fletcher Enterprises
845-406-5069
email us here



Follow simple common sense safety habits and behaviors daily.

ACTIONS CONQUER TRAGEDY
"Together we will make a positive impact. Together we will make a difference. Together, we will change and save lives." Rob Fletcher

sdi7 HIIT: College Campus Safety, Awareness, Prevention, Self-Defense Program

Self-defense and fitness expert Rob Fletcher introduces a dynamic new program and workout: sdi7 HIIT and Self-Defense Workout for Women. This program/workout is available as a 6 week program, a seminar, and/or as a presentation. Offered to health clubs, gyms, colleges, universities, high schools, women's groups and organized special events. The program can be customized according to the needs and objectives of the client, with a special focus on college campus safety, awareness, and prevention.

sdi7 especially addressing crime and violence against women and teenage girls sexual assault, rape, college campus crime, abduction, kidnapping, and murder. All women and teenage girls should have the knowledge of self-defense awareness. They should also have the skills of self-defense. Know what to do, where and how to survive. Fight Back!

Main Objectives in a sdi7 Seminar:

1. Situational Awareness is your best self-defense. Carry on sense awareness advice and tips.
2. Expect faced with a physical attack.
3. The Mindset Zones - red, yellow, grey and green.
4. What to do, Where and how to drive: The primary target areas and the primary styles of sdi7 HIIT Level 1.
5. The 7 Minute Workout: the sdi7 HIIT Workout gets you do it in the gym, at the park, on the beach, and in the gym.
6. The benefits and value of reinforcing fighting skills and self-defense techniques while teaching fat.

The sdi7 HIIT workout:
Created by Rob Fletcher in series of 7-minute intervals. One minute on a fighting skill or self-defense technique followed by one minute of an exercise, strength or explosive movement. Doing this for 7 straight minutes sets a 2 minute rest of 3-5 rounds. sdi7 HIIT workouts are designed beginner through advanced with modification and progression dependent on one's fighting skills and fitness level. The purpose is to reinforce fighting skills, self-defense techniques. At the same time build, tone, burn calories and torch fat. A combines boxing, muay and martial arts, kickboxing, many MMA, combative, self-defense skills, strength and conditioning, core and abdominal work.

On February 6, 2017, shortly after leaving her work shift, 21-year-old Reagan Tobes was robbed, raped, abducted and murdered. After being raped Reagan was forced to drive to South Grove Metro Park in Grove City, Ohio. He then compelled her to strip naked in the back seat. Reagan's last words would be "I just want to live before being there in the heat of time."

Action Conquers Tragedy: "We know this is what Reagan would want us to do. Evil will not win. Good will prevail!" - Lisa Tobes

Reagan's death was preventable. A result of a failed system (the existing laws and policies in the state of Ohio) through direct assault, rape, kidnapping and later on, her daughter's abduction. Today takes look immediate action to fight back. With tremendous support from politicians, the Reagan's Tobes ACT moved forward Action Conquers Tragedy joined forces with Maria Jetté Mason, Rob Fletcher, creator of the sdi7 Safety, Prevention, Awareness, Self-Defense Program and the sdi7 HIIT Workout, Lisa Tobes and Rob Fletcher spearheaded a national to educate and raise awareness on the importance of teaching self-defense and how to fight to save. Spokesperson of the Action Conquers Tragedy outcome and objectives, and encouraging support.

Benefits and Value:

- Primary target areas and the most effective strikes.
- Time - workouts can be done in as little as 7 minutes.
- Can be done anywhere and at any time.
- sdi7 HIIT workout reinforces fighting skills of self-defense while burning calories, torching fat, sculpting and toning the body.
- Through repetition one will enhance their fighting skills and self-defense techniques turning it into a reaction or reflex.
- Build confidence, and self-esteem.
- Knowledge of "Situational Awareness"
- The you and your loved ones out of the category of being the perfect victim.
- The Mindset Zones - red, yellow, grey and green
- Know to do, Where and how to strike.
- Reinforcing fighting skills and self-defense techniques while torching fat.

Rob Fletcher's sdi7 HIIT Tips:

1. If attacked avoid the Red Mindset Zone - paralyzed by fear
2. If mugged stay in the Green Mindset Zone, GO! Take action! Use Kickout Spray, Kick, Sweep, Roll, Fight Back.
3. Focus on the vulnerable primary target areas: Eyes, Nose, Groin, Throat, Tip of the Foot, Rib.
4. Practice sdi7 HIIT Workouts, using the fighting skills and self-defense techniques to turn the skill into a reflex/reaction.
5. Get in the heat of carrying paper sunny. Practice using the pepper spray. Have it in your hand and ready to go when in unfamiliar or questionable areas.

Things you should know:

- 1 in 5 females will be sexually assaulted before she finishes four years of college.
- College aged women more likely to be targeted.
- Campus rape statistics are highest in the first three months of college.
- 80% know their attacker.
- 55% of sexual assault report.
- 74% of assaults occur.
- 25% of all student on student crimes are alcohol and drug-related.
- Students are most vulnerable in their first 3 months of college. Commonly known as the Red Zone. In the start of classes to the Thanksgiving holiday.

Schedule an sdi7 HIIT Safety & Self Defense Program at your school, business, health club or fitness studio Email: sdi7hiit@gmail.com

This press release can be viewed online at: <http://www.einpresswire.com>

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