

Safety, Prevention, and Self Defense. Complacency may KILL You!

Crime, violence, obesity, bullying will never go away. Empower yourself with Rob Fletcher's Safety and Self Defense Program and sdi7 HIIT Workouts.

COLUMBUS, OH, UNITED STATES,
March 20, 2019 /EINPresswire.com/ --
[Safety](#). Prevention & [Self Defense](#).
Complacency may KILL YOU.
Advice and tips from Rob Fletcher

Your best self-defense is prevention!
Be aware!



We must practice habits of awareness

1. Get OUT of the cell phones and headphones.

2. Avoid dark, not well lit, unpopulated places.



Crime and violence will never go away. We must practice daily habits and behaviors of safety and awareness. Have the knowledge of self defense. How to fight back. Knowing where and how to strike”

Rob Fletcher

3. AVOID Walking close to buildings, alleys, and walkways.

4. Walk with a strong posture. Head up, shoulders back.

5. Pay attention to your surroundings. Be AWARE!!

6. If approached by a stranger asking for a light, directions, money, or anything else. Keep a good distance. Avoid allowing them to get to close. Continue with your stride.

7. If sense you may be attacked. Immediately put hands up

and out front. Aggressively, assertively and confidently tell them to get back while you keep furthering your distance.

8. Be armed with a weapon of choice. Know how to use it. Practice. Enhance your skills to use

confidently and effectively. Have it with you and ready to go. Especially in isolated or questionable areas or situations. ie steel baton, forked baton, pepper spray etc

9. If attacked avoid the RED Mindset Zone (paralyzed by FEAR) Take action (GREEN Mindset ZONE) - Run, scream, yell. Violently Fight BACK and attack. Use weapons at your disposal. Strike to inflict maximum damage to escape the threat.

10. BE PREPARED! Gain knowledge of safety and self-defense.

About Rob Fletcher

Rob is a Black Belt, self-defense, fitness, and combative tactics expert. Creator of sdi7 Safety & Self Defense Program and the sdi7 HIIT Workouts (Self Defense in 7 minutes High-Intensity Interval Training) For more information visit sdi7HIIT.com Instagram: @sdi7HIIT Email: sdi7HIIT@gmail.com

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Learn to Fight Back and Torch the FAT

Actions Conquer Tragedy

1. The existing laws and policies that killed Reagan Tokes
2. Education and Raising Awareness
3. Implementing and teaching self-defense programs through the sdi7 Safety, Prevention, Awareness, Self Defense Program and the sdi7 HIIT Workouts

About Rob Fletcher
Rob has over 30 years in the martial arts and fitness industry. Certified through several leading fitness organizations: Master of Fitness through the ISSA, International Sports Sciences Association, FPA, International Fitness Professionals Association, MMA, Strength and Conditioning Coach through BIP Institute of Human Performance, 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 Master Hall of Fame, Recognized for Outstanding Martial Arts Achievement, and Listed in The Who's Who of Martial Arts. Honored with the Joe Lewis PMA Lifetime Warrior Award, Author of America's Next Great Trainer, Transform Your Life. For information please go to www.robletcherenterprises.com

About Lisa McCrory Tokes
Founder of the Action Conquers Tragedy Movement and the Reagan Delaney Memorial Foundation, Lisa along with her husband, today 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 audacious, open, and tender of their 21-year-old daughter Reagan. The Reagan Tokes Act has bipartisan support from Senator Kevin Bacon, House of Representatives Kristin Boggs, Senator Scott 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 Home Health, 200 Hour CPT, and YogaFit instructor. Both have common motivation, purpose, and intention. Lisa will be working with Rob to become a sdi7 HIIT certified trainer.

Actions Conquer Tragedy

SDI7 HIIT: COLLEGE CAMPUS SAFETY, AWARENESS, PREVENTION, SELF DEFENSE PROGRAM

sdi7 HIIT

WWW.SDI7HIIT.COM INSTAGRAM: @SDI7HIIT

Empower yourself with knowledge and application

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