

The Power to Fight Back. Safety tips from Self Defense and Combative Tactics expert Rob Fletcher

Be aware. Have a plan of action. Know what to do, where and how to strike.

COLUMBUS, OH, UNITED STATES, June 17, 2019 /EINPresswire.com/ -- FOR IMMEDIATE RELEASE

THE POWER TO [FIGHT BACK](#)

SELF-DEFENSE – FITNESS – COMBATIVE TACTICS EXPERT SHARES 9 LIFE-SAVING TIPS

Rob Fletcher, self-defense, fitness and combative tactics expert and fighter for good, shares advice and 9 tips that can save lives in a world where evil exists and crime, violence, abduction, human trafficking, and active shooters will never go away. Recently, an 11-year-old boy found the inner strength, bravery,

and courage to fight back when an intruder broke into his home. Referring to the boy's harrowing incident in which he attacked the intruder with a machete, Rob Fletcher said, "We never wish any child to have to deal with such a violent, traumatic, surreal nightmare. This, however, is the world we live in. Most important is what we can do now – right now – to better prepare ourselves should the unthinkable happen."

“

Remember, the predator does not care if you live or die. The predator does not care if you ever go home see your family or loved ones again. Fight back with an unrelenting violent counter attack."

Rob Fletcher self defense and combative tactics expert

How would you react? Would you run? Would you be paralyzed by fear? Would you fight back?

4. Have a plan of action.

5. If you choose to fight back, commit wholeheartedly to an extreme, violent counterattack to escape and survive.



Rob Fletcher speaking on safety, awareness, and self defense.

Fletcher provides basic, yet valuable, tips and advice with the potential to save lives:

1. Prevention is always our best self-defense; practice positive daily habits of safety and awareness rather than be frozen with paranoid fear.
2. Prepare with premeditated thoughts and actions.
3. Ask yourself and your loved ones: What would you do?

6. Know that a predator does not care if you live or die or if you ever see your family or loved ones again.

7. If you fight back, look for accessible objects to throw or strike with.

8. Know where to strike – Primary, most vulnerable target areas are the eyes, nose, and groin.

9. Know how to strike – Learn simple, highly effective self-defense strikes and fighting skills.

If you are (or appear) vulnerable, you are the perfect victim. Don't be the perfect victim. Refuse to be the perfect victim. Instead, be aware. Be prepared. Have a plan. Take action. Stay strong and stay safe. And always stay in the fight!

Says radio host Gabbi Ray of Rob Fletcher, "He's a really good guy who teaches good people how to do bad things to bad people." Rob is available for interviews, seminars, appearances, and to provide additional safety, prevention, awareness and self-defense programs, and training.

Contact: Rob Fletcher

Robert Gerard Fletcher
ANGT, LLC Ameirca's Next Great Trainer
+1 845-406-5069
[email us here](#)



Self defense, knowing where and how to strike can save your life.

**SAFETY | PREVENTION | AWARENESS
SELF DEFENSE | sdi7 HIIT WORKOUTS**

Why sdi7 HIIT? The benefits and value of sdi7 HIIT:

Can be done in your home, dorm, and apartment, anywhere. Implement as part of your workouts. Specially designed for women and teenage girls. Simple, easy to learn, and extremely effective techniques. Reinforce fighting skills and self-defense techniques to become a reaction or reflex if attacked. Get in shape. Sculpt, tone, build lean muscle, burn calories, and torch fat. With added value and benefits of learning fighting skills and self-defense techniques. Empower yourself. Build self-confidence and self-esteem. A stronger you - inside and out. Put you out of the category of ever being the "perfect" victim.

About Rob Fletcher:

Author America's Next Great Trainer Transform Your Life Creator sdi7 Safety, Awareness & Self Defense Program and the sdi7 HIIT Workout. Listed in the Who's Who Directory of Martial Arts 30 years in the Martial Arts and Fitness Industry. Opened my first Gym and Martial Arts School in Naples, Florida in 1991. USA Karate & Fitness and Club Level Personal & Group Training Center. Black Belt, Self Defense, Combative and Fitness Expert, North American Kickboxing Champion. Member of the World Champion USA Kickboxing Team. Certified IHP Institute of Human Performance - MMA Strength and Conditioning Coach. Certified IFPA International Fitness Professionals Association and Certified Fitness Trainer. Beyond his knowledge, it is his passion to make a difference. With the growing number of crime and violence against women and teenage girls i.e. sexual assault, rape abduction, domestic violence and very sadly murder sdi7 HIIT was designed with a much greater intention and purpose - to SAVE lives!

Watch - Listen - Learn - Apply - Survive!

Learning self-defense is no longer an option. Know where and how to strike. Know the target areas and your available weapons. Visit us online at sdi7HIIT.com

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

LEARN TO FIGHT BACK & TORCH THE FAT!

sdi7 - HIIT -

Self Defense in 7 Minutes High Intensity Interval Training

sdi7 HIIT Workout DVD Self Defense in 7 Minutes
High Intensity Interval Training

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

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2019 IPD Group, Inc. All Right Reserved.