



Health · Empowerment · Awareness · Tactical Defense

I am so excited to connect with all of you through my monthly eHEAT newsletter. There are a ton of great changes happening with HEAT and some new classes are being added. Spread the word to your friends and loved ones and sign up for a class together. You can also host a fun self defense workshop in your home. I look forward to seeing you all in a class soon and STAY SAFE!

~Jennifer

"You gain strength, courage and confidence by every experience in which you really to look fear in the face". ~Eleanor Roosevelt

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What's Heating Up?

I have started Corporate HEAT training. Whether you own a business or are part of a business, you can now help bring self defense awareness and physical training to your company and its employees. As many people travel for summer, it is the perfect time get educated on self defense and schedule a training workshop for your company.



I also have new classes coming out including ground fighting defense and weapon defense so that you can continue and advance your self defense training. These classes will be posted on the web site soon as well as a calendar of class schedules and HEAT events.

Contact jennifer@heatselfdefense.com for scheduling and questions.

Hot Topics

Prisoner Releases

Many of you have written me to express your concern about the



pending prisoner releases in California. Reports say that the state has been ordered to reduce the prison population by 40,000 inmates, who are going to be released back into our communities. Although they would be releasing primarily non violent offenders, many of these individuals still have drug and alcohol addiction problems, which lead many to committ theft and property crimes. At a time when the economy is in such bad shape, it is safe to say that most of these released inmates will be homeless and desperate. More than likely we will see an increase in thefts, property crimes, robberies and other several other crimes.

Always, the best thing you can do in a case where there is an increased threat to your safety is to be even more aware of surroundings and to continue your training in self defense. Be sure you are always making the best choices for you and your loved ones safety and don't ever take your safety for granted!

www.heatselfdefense.com

Self defense products (TASER, pepper spray, Tornado spray/personal alarm, kubaton) are now available for purchase!

Please send interest to jennifer@heatselfdefense.com

Upcoming Heat Events

'Get Fired Up' Beginning Self Defense

I will be teaching two beginning self defense classes in June in Solana Beach. Sign up with a friend and you will both get \$10 off your training (regular price \$45/pp) The class dates are as follows:



Saturday June 12th (10am-12pm)
Saturday June 26th (10am-12pm)

If you are interested in taking a class, please send me an email at jennifer.heatselfdefense to get signed up. I hope to see you all there!

Your Burning Questions

Q: Do you suggest biting as a good form of physical self defense?

A: I do not teach biting as the best option for physical defense. It tends to anger an attacker and they are more likely to hit you repeatedly to get you to stop. It only creates pain in a small area and is usually not incapacitating.

*please send an email to info@heatselfdefense.com with any questions you have and they will be answered in next month's newsletter.

Save
\$25

Host a fun self defense workshop in your home for your friends, family, or co-workers and your training will be free. You will also receive a hostess gift for setting up the class!

Offer Expires: 7/1/10

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