

COMMUNITY PATROL SERVICE and CASTRO COMMUNITY ON PATROL



BEGINNERS SELF-DEFENSE CLASS PARTICIPANT HANDBOOK

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PRODUCED BY

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***“Building Safer Neighborhoods by Collaborating on
Community Safety and Security”***



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TABLE OF CONTENTS

TABLE OF CONTENTS.....	2
THE OBLIGATORY WAIVER.....	3
INTRODUCTION	4
COURSE ADMINISTRATION.....	5
DON'T GET PARANOID, GET PERPARED!	6
WHAT NOT TO EXPECT.....	6
WHAT IS SELF-DEFENSE?	7
BECOME A SHEEPDOG!	9
ACME OF SKILL.....	10
THE "CHAIN" OF SELF-DEFENSE	11
B – E – W – A – R – E : Before	12
B – E – W – A – R – E : Evade	13
B – E – W – A – R – E : Warn.....	14
B – E – W – A – R – E : Attract	15
B – E – W – A – R – E : React	16
B – E – W – A – R – E : Escape	21
DON'T BLAME YOURSELF.....	23
PROSECUTE THE OFFENDER/S	23
REMEMBER – YOU ARE WORTH DEFENDING	24
PRACTICE, PRACTICE, PRACTICE.....	24
LET US KNOW.....	26



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THE OBLIGATORY WAIVER

Every effort has been made to ensure the accuracy of the information and techniques presented and discussed in this document.

At the time of this document's printing the materials are, to the best of our knowledge, accurate. However, many anomalies, omissions, and factual errors may exist. Should you identify such an anomaly, omission, or factual error you are encouraged to bring it to the attention of Community Patrol Service (CPS) or Castro Community on Patrol (CASTRO PATROL).

This document may be modified at any time without prior notice either in part or in full. You may ensure that you have the most recent seminar information and document by contacting CPS directly.

STATEMENT OF INTENT

This document describes examples and recommends techniques that will present information and techniques to equip CASTRO PATROL foot patrol Patrollers. However, the information, examples and recommendations contained herein are by no means complete or exhaustive.

This document is **NOT** intended, designed, or presented as a statement of, or recommendation for, the use of these techniques in a defensive situation or in any other situation and you are reminded that you are fully bound and obligated by all applicable laws prevalent to the use of such techniques in a defensive or offensive situation or manner. You are fully and individually culpable and responsible for all decisions to implement or use the techniques described, practiced, and discussed in this document, and for all subsequent injuries or loss that may result as a consequence of using such techniques.

This document is not intended, designed, or presented to replace, repudiate, or in any way discredit information you previously received from another instructor or any other source. Many different theories, concepts, and techniques are used by numerous martial arts disciplines throughout the world. This document merely presents a select few that CPS and CASTRO PATROL have identified as useful and informative for CASTRO PATROL Patrollers.

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INTRODUCTION

Knowledge is power and our self-defense classes offer a wealth of information, guidance, and knowledge.

We strongly recommend that EVERYONE undertake some self-defense training, either through regular martial arts classes, or through independent self-defense courses provided by many groups and entities. In our opinion, you can NEVER have too much knowledge, but you can DEFINITELY have too little when the proverbial "chips are down." For this reason, we recommend that you participate in as many self-defense classes, as many safety meetings, and as many training options as possible. You just never know when that information or awareness may just be critical to you or your loved ones.

Recognizing how important self-defense training is, CCOP provides training and information FREE to all who wish to participate. Our classes are designed to be low impact, fun and information packed. They are open to everyone, 18 years and older with no upper age limit. We can provide classes for specific groups, and we can address specific concerns such groups may have, but our general philosophy is that the techniques we teach much be applicable and effective for anyone from an eight year old, to an eighty plus year old.

The full course of classes covers:

- **SD-1:** Beginners self-defense introductory course – 3 hours (low impact)
- **SD-2:** Seated and grounded defensive techniques and concepts (SD1 is a prerequisite to participate in this class)
- **SD-3:** Grabs, holds and kidnap defensive techniques and concepts (SD1 & SD2 are a prerequisite to participate in this class)
- **SD-4:** Sexual assault and domestic violence defensive techniques and concepts (SD1, SD2 & SD3 are a prerequisite to participate in this class)
- **SD-5:** Weapons defensive techniques and concepts (SD1, SD2 & SD3 are a prerequisite to participate in this class)
- **SD-6:** Multiple attackers defensive techniques and concepts (SD1, SD2 & SD3 are a prerequisite to participate in this class)



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COURSE ADMINISTRATION



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Lord of Lochabber,
Knight Commander of the most illustrious Traingle Order,
Knight Commander of the venerable Castro Order,
Saint Serve & Protect of the Castro Beat of the Order of
Sisters of Perpetual Indulgence,
Grand Master Instructor, American Martial Arts Institute &
ChangMookKwan

The information and content of this class is administered by Chief Ken Craig of Community Patrol Service (CPS).

Chief Craig leads the not-for-profit Community Patrol Service (CPS) which provides support and assistance in developing, training, and sustaining community patrol organizations worldwide. Chief Craig and CPS developed this curriculum and continue to update and maintain the content.

Chief Craig has a lifelong involvement with safety and self-defense. He holds a 9th Degree Grand Master Black Belt in the Korean martial art HapMoosaKi-Do from the AMAI, a 9th Degree Grand Master Black Belt in the hybrid martial art YongChul-Do from the AMAI, and an 8th Degree Grand Master Black Belt in the Korean martial art TaeKwon-Do from the ChangMookKwan and USA TaeKwon-Do.

Chief Craig established and led the non-profit Triangle Martial Arts Association in San Francisco for more than fifteen years, founded immediately following the horrific murder of Matthew Shepard in Wyoming in 1998. Chief Craig led more than thirty students to 1st Degree Black Belt rank in TaeKwon-Do during this time, and a dozen or more students to 2nd Degree Black Belt and beyond.

Chief Craig helped to establish and lead the San Francisco Police Department, Auxiliary Law Enforcement Response Team (ALERT) for more than eight years, and has served on the SFPD Chief's LGBT Community Advisory Forum and the SF District Attorney's LGBT Advisory Panel.



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DON'T GET PARANOID, GET PERPARED!



Our ultimate goal in providing this handbook is to help you apply the information, guidance, techniques, and concepts provided during our EZ Self-Defense classes. Getting paranoid doesn't typically help, but getting prepared, planning, training, and being aware absolutely helps.

Our training is about creating, realizing, and applying that new thought process presented in our B – E – W – A – R – E mnemonic.

Remember, PRACTICE, share this information, then practice some more !!

WHAT NOT TO EXPECT

You will not suddenly become a Martial Arts MASTER overnight. You also will not become a MASTER of these techniques even after years of practice, but what you're really aiming for is to enough practice to make the techniques "second nature."

If you practice the BEWARE concepts, and apply the B-E-W-A concepts, hopefully you will never need the "R" physical defense techniques – because there are NO GUARANTEE'S when things become physical.





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WHAT IS SELF-DEFENSE?



Many people have "lot's" of ideas about what Self-Defense is, however, very often these are incomplete or entirely incorrect in many aspects.

Legal self-defense is defined within your State, County, or City, and it is extremely important to understand that definition in your own jurisdiction as this is the standard you will be judged against if you are unlucky enough to end up defending yourself legally.

In many jurisdictions a "general" definition of self-defense would be:

"Any action which uses the minimum force necessary to prevent your injury or death, where a real and reasonable threat, or belief of threat, to your physical well-being is unjustly presented."

You MAY be justified in claiming self-defense when:

1. The threat is current, immediate, and unavoidable,
2. Your level of force is appropriate for the level of threat presented,
3. Your use of force stops as soon as the threat to you, or someone else you are defending, ceases.

You MAY NOT be justified in claiming self-defense if:

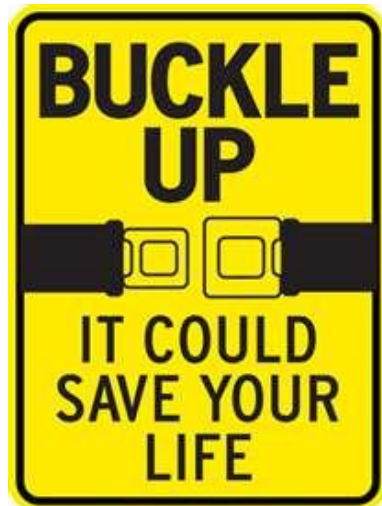
1. You help to escalate the situation by arguing or physical actions,
2. You do not take any reasonable opportunity to de-escalate or walk away from the situation,
3. You act with unreasonable or excessive force compared to the threat presented,
4. You continue to use force when the threat has ceased.



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We all participate in general Self-Defense every day of our lives by such things as:

- Looking both ways before crossing the street,
- Using a seatbelt when in a vehicle,
- Not eating three day old, unrefrigerated seafood,
- Not sticking your hand into the flames of a gas burner,
- Etc.

This class will “hopefully” enhance your general self-defense awareness and give you some new tools and concepts to apply on a daily basis.

When many people conceptualize “Self-Defense,” they actually perceive it as the act of physically defending oneself against injury or death.

We separate **Self-Defense** – the general daily acts of looking after yourself, and **Physically Defending** yourself from injury or death.

The majority of our class and training focuses on Self-Defense as you NEVER want to get physical if you can avoid it. There are never any guarantee's when things become physical. We will teach you some simple physical defensive techniques, but only as a LAST RESORT when no other options remain.



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BECOME A SHEEPDOG!



There are THREE general "types" of people in society:

The **WOLVES** who are essentially the criminal element who look for opportunity and prey on those weaker or who are inattentive.

The **SHEEPDOGS**, who are essentially Wolves, but good ones. They have many of the same skills, knowledge, understanding, and willingness to act as the Wolves do, but they act to protect society in general.

The **SHEEP** are unfortunately most people in society, lol. Most people are lost in their own priorities and often conduct themselves in ways that put them at risk, or puts their hard earned property at risk. Sheep will happily graze right next to the deep, dark, forest simply because the grass is sweeter over there, without a thought or concern for what may be lurking or watching from the darkness.

BECOME A SHEEPDOG! Don't get paranoid, but be more aware of your surroundings, of your actions, of your situation, and of those around you. Be willing to act when necessary and appropriate.



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ACME OF SKILL



**"TO WIN ONE HUNDRED VICTORIES IN ONE HUNDRED
BATTLES IS NOT THE ACME OF SKILL.**

**TO SUBDUE THE ENEMY WITHOUT FIGHTING IS THE
ACME OF SKILL."**

Sun Tzu
The Art of War



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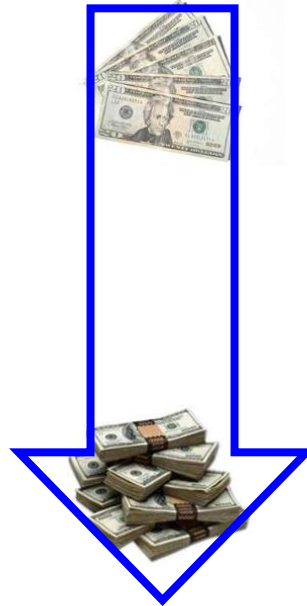
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THE “CHAIN” OF SELF-DEFENSE



- **B – Before**
- **E – Evade**
- **W – Warn**
- **A – Attract**
- **R – React**
- **E – Escape**



C – Chain
O – Of
S – Self-defense
T – Techniques

All defense has an associated mental, spiritual, emotional, physical, monetary, and possibly a legal COST.

Physical defense will COST much, much more in so many unanticipated ways, so your goal is to interdict the “CHAIN” and break the progression as early as possible.

With this said however, it is always better to be TRIED BY 12, than CARRIED BY 6.



If things go to the Physical, do all you can to survive the encounter. It is always better to end up in court, than to end up in a coffin.



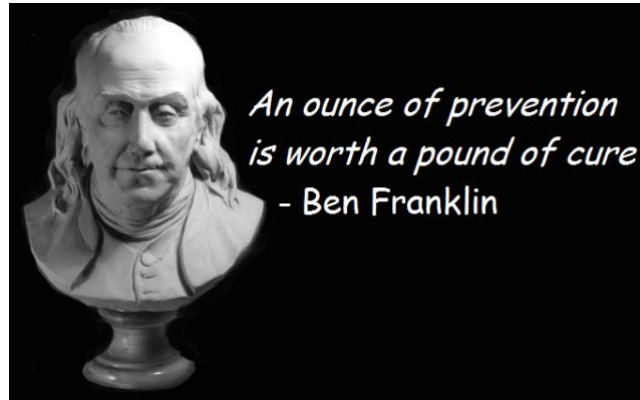
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B – E – W – A – R – E : Before



Before you head out for the day, take just a moment to consider where you're going, how you're getting there, what you need to take with you, how you will return home, and so on. A little pre-planning and preparation may help you avoid a bad situation.

Don't take ALL of your credit cards, your precious valuables or jewelry, or all of your cash if you really don't NEED to. Take only what you really need, so if the worst happens, you're not losing everything.



Consider using the "Buddy System" by making sure someone significant knows where you're going, how you're getting there, who you're going with, how you will return home and when to expect you, etc. You can return the favor for them.

This is a useful back-up if something "bad" happens. At least someone significant will have a chance of knowing where to start looking for you, or who you were with.

Don't make yourself an easy target by shutting off essential senses when you're out and about. Don't have two earbuds or earphones on blasting music where you shut out noises around you. Keep your head up and be aware of other pedestrians and traffic moving around you. Don't leave your valuables unattended, even for a moment.



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B – E – W – A – R – E : Evade



While we always feel very advanced and far away from the plains of Africa, we remain very closely connected to our more primitive beings who relied on intuition and feelings to survive predation on the savannah. This “Lizard Brain” gives us messages all the time, but as adults we often ignore and discard them. Instead, we suggest paying attention to those feelings and acting on them appropriately.

Evading any situation that does not look right, feel right, seem right, or any situation that makes you feel uncomfortable is ESSENTIAL.

Cross the street, walk a mile out of your normal route home, or catch a taxi or rideshare home if something on your path home doesn't “seem” right.

Walk towards better lit and more populated areas for greater safety.

If something really doesn't feel safe, call 9-1-1 and stay on the phone with them, or head into an open store and explain your concerns when calling 9-1-1.



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B – E – **W** – A – R – E : Warn



If you perceive a risk or threat, and you tried to evade that risk of threat, but that risk or threat is still heading towards you or altering their own actions to close the distance with you, then let them know you SEE them, you RECOGNIZE them, and WARN them that you WILL DEFEND yourself.

You MUST be CONFIDENT, LOUD, and COMMANDING – even if you really don't feel those traits at that moment. Fake it until you make it real.

In many cases, this may be enough to diffuse the situation immediately.

If the risk or threat continues to move toward you, or aggress towards you, then hopefully your own loud and confident commands will attract attention from others around you, and that may help to encourage others to assist and support you.



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B – E – W – **A** – R – E : Attract



If this threat or aggression continues, do whatever you can to attract the attention of others around you to gain their help and assistance.

Use a personal alarm to make noise, shout and scream as loudly as possible, bang on anything that will attract the attention of others.

Point to anyone around you and "TELL" them to call the Police for you. This often makes the individual feel "responsible" to do so, so you have a better chance of them actually following through.

Help those around you understand what is happening by saying things like:

"I don't know you, leave me alone."

"I feel threatened by you, don't come any closer."



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B – E – W – A – **R** – E : React

If all else has failed to this point, you know there is a distinct threat or risk to you.

At this point you must mentally and physically prepare to defend yourself and to do WHAT YOU MUST, in order to survive.

ENGAGE IN DISCUSSION IF POSSIBLE

Try to talk with the aggressor/s. Ask what they want, Try to find out their goals or desires and see if you can do something to meet those without risk to yourself.

GIVE UP YOUR STUFF



Give up everything you have, if you think this will satisfy the aggressor/s and they will leave you unharmed.

Property, no matter how expensive or sentimental, is useless to you if you are deceased. Give up anything demanded for the opportunity to walk away unharmed.



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ESCAPE IS YOUR PRIMARY GOAL



Your PRIMARY objective is to get out of this situation unharmed, or at least, remain unharmed until help arrives in whatever form.

If you see the opportunity to RUN AWAY and to escape to a safe space or a safer space – take that opportunity instantly.

Keep running until you find others who will help you, or until you arrive at a safe place, Don't bother looking back to see where the aggressor/s are.

REMEMBER, this is not a Hollywood movie.

No matter how much training or experience you have in the Martial Arts, in self-defense techniques, or even as a street fighter, any physical engagement has huge risks and uncertainties which are almost impossible to control. Avoiding physical engagement IF AT ALL POSSIBLE is the goal.



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PHYSICAL DEFENSE



Defend yourself physically **ONLY** when all other options have not worked, and **ONLY** when you believe you are in **IMMINENT** physical danger.

If you assess the risk and threat to your safety as imminently life-threatening, **DO ALL YOU CAN TO DEFEND YOURSELF AND ESCAPE TO SAFETY.**

Understand that **THERE ARE NO GUARANTEE'S** when using physical defensive techniques, and you are likely to be injured – perhaps severely – when doing so, but if the alternative may be death, then the risk of being injured is the better outcome.



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FIGHT WITH ALL YOUR MIGHT



Defending yourself physically **REQUIRES** that you become your own **SUPERHERO**, and that you **FIGHT WITH ALL YOUR MIGHT AND ENERGY** until you are safe.

There are some nuanced situations where you may be faced with "decisions" of capitulating and following an aggressor/s direction, or, refusing to do so and resisting.

- If you are being dragged towards a vehicle, or towards an isolated area, fight with all you have to escape and make as much noise as possible to attract attention.
- If an aggressor at some distance displays a weapon, including a firearm, run as quickly as possible, trying to put objects such as vehicles, lamp posts, walls or anything else between you and the aggressor.

Your overall general awareness of your surroundings, of who is around you, and of your options may be **KEY** to making a good and appropriate decision if you are suddenly and unexpectedly faced with an aggressor or a risk or threat.



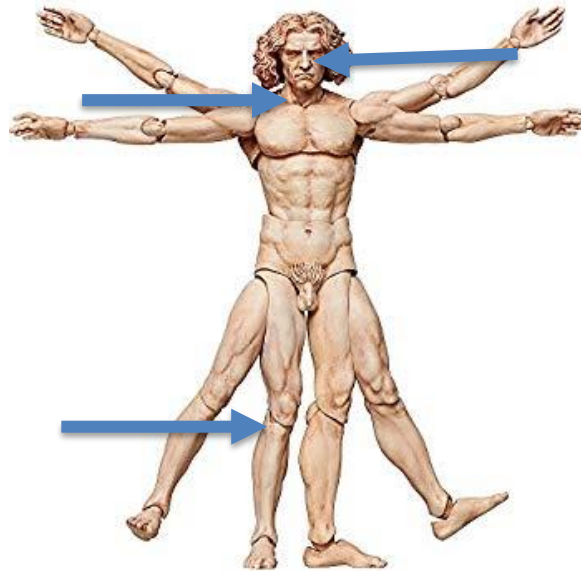
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RECOMMENDED STRIKING POINTS



Not all physical defensive techniques are created equal, and not all will work in the same way for all defenders. We recommend the following strike points as likely to be effective for a majority of defenders in most situations, but of course, there are NO GUARANTEE'S.

- **NOSE** – Striking down on the bridge of the nose with the heel of the palm of your hand.
- **KNECK** – Striking horizontally to the esophagus (front of the neck) with the side of your hand.
- **KNEES** – Striking horizontally to just below the Knee Cap with the side of your foot.



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B – E – W – A – R – **E** : Escape



GET AWAY AS SOON AS YOU CAN!

If you must GET PHYSICAL, continue to look for the first opportunity to escape to a safe space as soon as possible.

Even if you believe you have successfully physically defended yourself, don't stick around in the same place. Run to safety and call 9-1-1 to report the incident as soon as possible.

REPORTING the incident is EXTREMELY important. It not only helps you to state your side of things "on the record" but your statement and action may help to ensure the aggressor/s are actually arrested, charged, and convicted – and that may prevent someone else from becoming a victim.



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GIVING A GOOD DESCRIPTION



Providing a good description of suspects, the incident, vehicles, and so on can be essential, but difficult for most people to do under stress and after a traumatic and emotional incident.

When describing people, try to work from HEAD to TOE. Only describe what you KNOW you saw. If you're unsure or only think some things may be true, make that clear when you provide those details. Look for things that are UNIQUE and UNUSUAL – anything that makes the suspect stand out as different from everyone else.

When describing vehicles, again look for things which are UNIQUE and UNUSUAL that makes that specific vehicle stand out such as specific stickers, damage to the vehicle, an unusual color scheme etc.

Write down (or call yourself to leave a voicemail) as soon as you can after the incident, so your memory and time does not play too many tricks on you.



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DON'T BLAME YOURSELF



It can be very tempting to blame yourself after an incident. This is human nature to some extent, and is a normal guilt response to trauma.

TRY NOT TO GO THERE IF POSSIBLE.

You did not go out seeking out the conflict, the incident, the physical altercation.

You did all you could to avoid it, walk away from it, de-escalate it, and all of these efforts failed. The aggressor/s were intent on their actions, and you responded accordingly – only to protect yourself or someone else.

PROSECUTE THE OFFENDER/S



If arrests are made, please follow up with the Police and the District Attorney to prosecute the offender/s to the fullest extent possible.

Be willing to go to court and give evidence against the offender/s,

Going to court will be difficult and tough to do, but, invaluable in the long run.



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REMEMBER – YOU ARE WORTH DEFENDING



Defending yourself against anyone physically assaulting you is YOU'RE RIGHT, and you are WORTH DEFENDING.

If you would step up to defend any of those shown above, if they were being assaulted or abused by someone else, why should you be less worthy of that same defense?

Many people do feel guilty or feel as though "they could never physically defend themselves." This is something to visualize and consider well before any bad situation may occur. Contemplating your own values and willingness to execute physical defensive techniques is extremely important.

PRACTICE, PRACTICE, PRACTICE

These concepts and techniques work best when they are literally second nature for you.

Practice the concepts regularly, and share the concepts with you loved ones, family, and friends.



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B	BEFORE Before you go anywhere, consider how you'll get there, what you'll wear, what you'll take, and have a back-up plan in case things change suddenly.
E	EVADE If something doesn't seem right, smell right, look right, it probably isn't. Do anything you can to avoid that situation. Walk away, run away, take a detour.
W	WARN If the threat persists, warn the attacker/s that you are aware of them and you will defend yourself. You may persuade them to leave you alone to look for an easier target.
A	ATTRACT Make noise, attract attention, TELL someone to call the Police for you. Don't be quite in a safety situation. Make sure EVERYONE around you knows you're in trouble.
R	REACT When all else has failed, when you KNOW you have an aggressor intent on something, prepare yourself to react physically to defend your well being.
E	ESCAPE AS SOON AS YOU CAN, escape from the situation/person to a place of safety and REPORT the incident immediately to the proper authorities.



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LET US KNOW

CommunityPatrolService@gmail.com
Info@CastroPatrol.org

Let us know what you thought of the in-person class, and if you find this participant handbook valuable?

Any suggestions for additions, amendments, or subtractions from this handbook you would recommend?

If you are in the unlucky positions of ever having to use this training in a real-world situation, please let us know and how the concepts and techniques worked for you. If you are in San Francisco, we may also be able to offer you some support, assistance, and guidance through the "next steps" of the incident if you wish.

If you would like to take the next level of self-defense class instruction, let us know. We can only offer these classes with a critical mass of interested participants, but we are happy to do so if we can establish enough interested participants.

FEEL FREE TO EMAIL US AT ANY TIME USING THE EMAIL ADDRESSES ABOVE.

FEEL FREE TO SHARE THIS INFORMATION AND THE CONCEPTS
IN THIS CLASS WITH YOUR LOVED ONES, FAMILY MEMBERS, AND FRIENDS.
JUST CREDIT CPS AND CCOP AS THE SOURCE OF THE INFORMATION, AND
PLEASE REFER OTHERS TO OUR TRAINING CLASSES.

THANK YOU FOR ATTENDING AND LEARNING WITH US.