

Rape Escape Puts You In Control

Think about all the women you know. Now, consider that one of every five of them will be attacked or raped in their lifetime. You don't need to be convinced that it's a rough world out there.

Because you have decided to take this first step in your own survival, you have already increased the odds in your favor -- **dramatically**.

Women who resist are twice as likely to escape injury as others. One analysis of 3,000 actual assaults shows that **half of the attackers fled from a woman who is willing to resist!** The key, however, is to learn how to effectively resist.



All Rape Escape courses allow students to practice on fully protected instructors to simulate an attack scenario.

Beyond "Common Sense" Self-Defense

Rape Escape is designed for the real world.

This course is not the same old tired information you already know like "walk with confidence or don't go to the ATM late at night." Nor does it contain the ineffective advice like, "poke him in the eyes and run" or "just kick him where it counts."

Rape Escape has been designed to offer the best and most effective self-defense techniques for the average woman in realistic sexual assault situations. The average woman can reasonably expect to defend herself against the most common and probable attacks after learning and practicing the techniques presented. Because Rape Escape's techniques have been designed specifically for women, men are not allowed as students or observers.

Rape Escape discourages techniques like eye gouging or fighting that prompts or enables the bad guy to hit back. If you try to fight the guy like a man would, the guy is going to win. So that's why our motto is **Fight Like A Girl!**

Your Rape Escape Certified Instructor Kevin L. Beale

Kevin is an experienced self-defense and martial arts instructor, with an extensive background in the development and implementation of self-defense classes, workshops, demonstrations, and seminars. Using his strong presentation and communication skills he has worked successfully with a variety of audiences including women, senior citizens and children. He has taught groups from local governments, health clubs, and civic associations, including:

- Government of Arlington County, VA
- Maryland-National Capitol Park & Planning Commission
- Results, The Gym
- Sport and Health Clubs
- Georgetown Law Center
- Athletics in Motion
- Nurses of Children's Hospital

Certifications & Professional Memberships

Kevin holds several martial arts certification and is an active member in martial arts professional organizations:

- Rape Escape Certified Instructor
- 8th Dan-Kempo Jujitsu
- 6th Dan-Hand to Hand Combatives (SFC)
- 6th Dan-Pacific Archipelago Combatives
- ISCA Kickboxing Certification
- First Aid & CPR
- United States Marital Arts Association
- Independent Martial Arts Association
- 2-time inductee into the Action Martial Arts Hall of Fame

Private Groups & Businesses

The Rape Escape curriculum gives women the tools and knowledge to handle the most common sexual assault scenarios. Rape Escape offers management a chance to do something for employees that can



make a difference in their daily lives, while helping the corporation to decrease its exposure to litigation that could arise from assaults and abductions that can happen on

company property. A customized Rape Escape program can be crafted just for your group or company. We will come to your site or you can come to ours. Sites must provide mats.

Contact:

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