



Women's Personal Protection Events Leadership Role

All REACT programs are designed to be informative, fun and interactive. Like any new program or learning session, not knowing what to expect makes people uncomfortable.

To make the programs successful below is a list of frequently asked questions (FAQ's) that should help alleviate any concerns. Realize that a significant part of self protection is mental attitude and confidence. Many of the exercises build on natural tendencies and reactions. There are no tests at the end of our classes and every participant receives an information packet with real life scenarios and a certificate of completion.

FAQ's

Q-Am I in good enough shape to take this class ?

A-Our classes teach techniques that come from natural reactions. These techniques take minimal muscle strength are low impact and do not involve any kicking or throwing.

Q-Do you need to have any martial arts experience?

A-This is not a martial arts class. Our level 1 program is for beginners and teaches basic concepts to help women avoid being victims of attacks and how to respond if attacked.

Q-How should I dress?

A-Wear comfortable clothing that you would wear when going to the gym. Sweats, tee shirts and sneakers are perfect.

Q-I don't like going to these programs by myself?

A-Our simulation drills are done in groups. The program lends itself to making new friends and meeting new people.

REACT programs are successful because the leadership team who is working with REACT, talk up the program, distribute the flyers both physically and electronically and invite friends to join them in attending. Our programs are geared for 15-20 women at a time. Each program includes hands on training, lecture and breaks. At the end of each program all participants and instructors informally have coffee and donuts provided by REACT where we answer general questions about us and other programs.

We are always available before an event to answer questions. We look forward to working with you and your group.

Stay Safe!

The REACT team

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