

# Peaceful Warrior Corporate Personal Safety

## Personal Safety Training for Employers and Organizations



### Is Personal Safety A Concern?

Realtors. Night-shift workers. Employees who work in buildings with dark parking garages. The potential for assault or physical confrontation is not simply limited to business location, but also how people go about their day.

Imagine if your company or organization provided critical tools they needed to carry themselves more confidently as well as protect themselves and their families?

### Peaceful Warrior C.P.S.

A Low Cost, High Value Benefit

Corporate Personal Safety (C.P.S.) is a series of three, in-person, 50-minute workshops that teach the critical principles of “ABC’s” of personal safety (Awareness, Boundaries and Communication) as well as simple, proven and highly useful physical techniques for protection.

**A POWERFUL VOICE**

Workshop teaches women and girls self-defense strategies

By Laura Laitko

Tiffany Richards understands the need for self-defense classes. While in her 20s, she endured an abusive relationship for a year and a half. For many years, she avoided the topic, but she felt the need to help others. She founded the Peaceful Warrior Martial Arts and Healing Center in the Scottsdale Airport area.

"When I got out of the relationship and started teaching women's self-defense, I never talked about the relationship, because I was super embarrassed," Richards says. "Why would I have to martial arts and allow this to happen to me? It wasn't until a few years ago that I started actually bringing it up. The feedback that I have received is it makes me feel. It makes me one of them, and it makes them more comfortable to open up because I know what it feels like."

Richards is hosting a self-defense workshop for 25 girls and women on February 6 at her center. It will give them knowledge and the skills to be able to defend themselves and have a powerful voice and presence.

Participants are encouraged to attend with friends or family, with whom they will work throughout the class. Individual participants will be paired together for the duration of the workshop.

Richards has more than 20 years experience in self-defense and is a second-degree black belt. She teaches self-defense workshops around the country. She has done private sessions for groups, including churches, adventure organizations and families.

Her workshops are hands-on, with the instructors not wearing big pads so that participants can feel what it's like to strike another person.

Richards pressure tests everything on herself.

"I never want to give women information that is not valuable or that might end up hurting them in the long run," she says. "When I work with the men who do the attacks, I have them make it as difficult as possible because that's what's going to happen in real life."

Although men act as attackers during the workshops, Richards leads the class. She says this is important because many women, especially those who have experienced violence at the hands of a man, feel more comfortable with a female self-defense teacher.

She says, as a woman, she can better understand where women are coming from physically and mentally.

"Men, no matter if they teach you the physical components of self-defense, they are never going to understand what a woman feels like to feel helplessness," Richards says.

"They will never understand what it feels like to debate whether or not you are going to walk out of your house to take your dogs for a walk in the evening in the dark. You have to think about your safety. A guy doesn't think about that kind of stuff. They will never be in our heads. They will never understand the fear that we feel."

During the class, Richards shows participants how to get out of holds, including being grabbed from behind or taken to the ground. They also learn how to strike vulnerable areas, such as the eyes, nose, ears or throat, so that they can create a distraction and get away from their attackers.

Richards says getting to experience hitting another person and feeling a pad can make women feel more confident.

"A lot of women have never hit anything," Richards says. "They don't know what to do. When you put a pad in front of

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## Attendees Will Learn:

To Carry Themselves Confidently

To Identify and Avoid Potentially Confrontational Situations

Techniques That Have Been “Pressure Tested” For Effectiveness

To Use Everyday Items as Weapons

## Your Instructors

Tiffany Richards has trained in martial arts since 1998 and holds a second-degree black belt. She is renowned and sought after for her self-defense and personal safety classes, which she teaches all over the country.

Carlos Bartolomei has trained in martial arts since 1974 and holds three black belts. He has studied under some of the highest ranking instructors in the world at martial arts schools and seminars all over North America.



### **CORPORATE PACKAGE PRICING SCHEDULE**

C.P.S. packages are priced in “blocks” of registrants (regardless of attendance).

Block pricing (for three, 50 minute in-person sessions)

10-30 registrants (Two Instructors) - \$1199 (**as low as \$40/registrant**)

31-50 registrants (Three Instructors) - \$1299 (**as low as \$26/registrant**)

51-75 registrants (Four Instructors) - \$1599 (**as low as \$21/registrant**)