

Women's 3-Zone Defensive Tactics

Field-tested by Law Enforcement Agencies Nationally

Taught By Bob Xavier, 9th Degree Black Belt
Former Police Instructor in Connecticut and Florida.

In 1977, Mr. Xavier Introduced the Elite 3-Zone Police
Defense System to the Florida Sheriffs' Association.

PERSONAL SAFETY ASSURED

The participant's personal safety is highly emphasized during training. No one ever is asked to do any exercise that might cause physical injury or embarrassment. Every newly-learned skill is taught slowly and demonstrated clearly in a step-by-step progression. The 3-Zone Women's Defense System, as taught by 9th Degree Black Belt, Robert F. Xavier has been field-tested by law enforcement throughout the country.

BENEFITS & PRINCIPLES OF PRACTICE

Women's 3-Zone Defense exercise is performed with calm concentration in a slow, naturally relaxed, fluid motion. The efficiency of the self defense skill is maximized by natural movement patterns and the economy of motion. The benefits are: stress management, better physical fitness, heightened awareness, personal discipline and self defense skills. This exercise is practiced in an atmosphere of Christian sharing and caring.

Course One (Five 2 Hour Class Sessions)

Objectives: Course one of 3-Zone Defense will equip the participant with the basic knowledge about control of the three spheres of distance in relationship to a subject. A workable knowledge of 3-Zone stance, escapes, target areas, augmented blocks, lag-time reflex, heighten awareness, "stun & run" and warding off an attacker is the goal. The physical exercise routine includes: basic limbering, stretching and enjoyable two-person women defense tactic drills.

Course One Skills:

- Introduction to Passive, Command and Control Position
- Mastery of Distance (Close, Medium & Long Range)
- The Art of Predicable Reaction, Transition of Stance
- The 3-C's (Contact, Control, Counter)
- Augmented Blocks, Prevention, Protection, Position
- Stance, Target Areas, Kicks, Open Hand Blocks and Counters
- Introduction to Lag-Time Reflex, Push-Pull Movement
- Redirection of Motion, Utilizing Subject's Strength
- Primary Choke and Wrist Arm Escapes
- Escalation of Force and Psychology of 3-Zone Defense

WOMEN'S 3-ZONE DEFENSE THEORY DIVIDES THE SPACE AROUND THE WOMEN INTO THREE RANGES:

3rd Zone or LONG RANGE (subject not within your reachable space)

2nd Zone or MEDIUM RANGE (subject is within reachable space)

1st Zone or CLOSE RANGE (subject maintains dangerous contact)

Women's 3-Zone Defense teaches defense postures in each of the three zones. Students learn how to utilize an attacker's strength against his/her self, how to effectively use escape skills and how to avoid injury. The 3-Z System draws on the most practical and important skills of several major martial arts. These skills and techniques were selected for their effectiveness, ease of performance and applicability in street confrontation situations. This system teaches women to avoid physical force whenever possible, but when unavoidable, teaches means to employ reasonable force to insure personal safety.

The 3-Zone Defense system has been field-tested by law enforcement agencies throughout the country. It is not another self-defense gimmick. It is a method that enables one to realize ones full mental, emotional, physical and self-defense potential, while training in a safe Christian environment.

PHILOSOPHY

Women's 3-Zone Defensive Tactics

The Women's 3-Zone defense principles are meant to overcome aggression through the redirection of force. Restraint, evasion, absorption, reflection and escape are techniques employed as a way to counter force effectively in the **First Zone**.

In like manner, the **Second Zone** is the sphere of the practitioner's physical, reachable space and sometimes is the most difficult to defend. The use of an ancient anatomy charting method, which is called as "**mid-line quartering**," allows the practitioner to maintain control of the attacker's mid-line with skillful ability which neutralizes and immobilizes the aggressor compassionately with minimal bodily harm.

The same defense principles apply for the **Third Zone**. This zone is not within reachable space of the aggressor. The practitioner learns how to use effectively the aggressor's strength and weaknesses to avoid injury and to escape. These self defense skills maximize ability through economy of movement and quartering. This minimizes an aggressor's ability to attack.

Please, feel free to call me anytime on my cell phone with any questions or concerns: **(941) 726-5056**.

Robert F. Xavier, 9th Degree Black Belt, Missionary/Pastor

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FREE INTRODUCTORY FOUR HOUR COURSE



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