

Life Safety Specialists
Training Group

Critical Incident Avoidance (CIA) Instructor Level 1 Program

Want to learn women's self defense?

Why stop there?

Learn to teach others how to defend themselves
from would be predators!!!

Sign up today!

Before you make the call

Let's examine a few things that will help you make an informed decision.

Are you at risk?

After the age of 18, one out of every four women and one out of ten men will be sexually assaulted.

The majority of sexual assault victims are between the ages of 17 and 24.

More than 80% of rapes that occur on university and college campuses are committed by someone the victim knows, and 50% occur on dates. Many of these assaults happen during the first eight weeks of classes. Fifteen to 30% of women at university report experiencing acquaintance rape.

Among university students, studies most commonly estimate that between one in six women and one in four women will be a victim of sexual assault during her university career. *According to the U. S. Department of Justice's Uniform Crime Report (1994), a woman is raped once every five minutes.* A Seattle study (Seattle Rape Relief, 1991) indicated that roughly half of all women and 1/5 of men will be sexually assaulted at some point in their lives. One female in four and one male in six will suffer assault before age 16. Sixty percent of forcible rapes occur before the victim is 18 (Koss, 1993). Half of these are perpetrated against children less than 11 years old (Bateman, 1991; Kilpatrick, 1990; National Victims' Center, 1992).

Should you take training and learn to resist??

Current research indicates that *vigorous verbal and physical resistance significantly increases the chances that a woman will not be raped.*

Why do many people never take a self-protection class?

Because most people don't want to acknowledge that there is a potential for violence in their lives. They can't see **the point** to spending money on something that has not happened. It's like people who say "why should I rust proof my car?" They don't see a need until it is too late and the rust has **become a problem** At that point it costs much more to fix than to prevent.

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An ounce of prevention is worth a pound of cure

In this case, it is worth a life. **Yours or someone you care about.** A good explanation of our system would be to liken it to "defensive driving." You don't drive defensively because you are a bad driver. You drive defensively because there are so many other drivers who are. But more importantly, you drive in this manner to avoid becoming involved in an accident in the first place.

Like an accident, it is easier to avoid being raped than it is to recover from it.

So listen up for once you appreciate the value of such a program, you'll see why the small investment in training staff will return a greater reward. So Look: here's your opportunity to move way ahead of the crowd and never again rely on second hand information, old practices or the rest of that garbage that doesn't work. Now you can be one of the elite few people who proactively protect themselves with training that really works!

**You can do nothing or move in a new direction...
So as you think about it that way, again, the choice is yours, Now!**

Why take an instructor program?

1. **Instructors are generally more skilled and given more knowledge than basic students.**
2. **It is knowledge you can pass on to your friends and family with Certified Credentials.**
3. **MONEY! It would cost you approximately \$250.00 for a weekend program as a student. The minimal investment of \$650.00 +GST (\$695.50) gives you the ability to teach the program to others and recoup your investment with the first class you teach.**

More Reasons To SIGN UP Today!!

These thoughts could make a difference in your decision.

1. Without question the number of violent incidences is raising in the media daily. No place is truly safe.
2. With this program, the level of awareness of violence and its causes will increase. That increased awareness in itself acts as a prevention.
3. I don't need to explain that the investment in training is extremely low compared to the monetary and emotional costs of recovering from an incident.
4. Finally consider all the positive aspects of having Instructor level training. I don't know exactly what your friends and family will think about your decision to improve your quality of life or theirs by offering them training in the recognition and prevention of sexual assault and harassment, but I can tell you that many people whom I have personally trained have used the recognition skills within days of learning them and felt that it was the most significant course they had been on. Many of the women that we've trained as instructors have found incredible emotional rewards by providing training to others.

Call us now and learn more about our program

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What is the program all about?

The C.I.A. Program has been specifically designed to meet the needs of women when control methods and assault prevention methods are required. Principles and strategies for effectively reducing the likelihood of assault through actual techniques of escaping or countering an attack are stressed in this program. Utilizing efficient and effective methods of subject control that do not rely on size and strength, L.S.S.T.G has developed a training system that can be used by everyone who is interested in personal safety.

- This program utilizes control principles that develop participants' skills, knowledge, and abilities to easily and effectively control situations that arise
- Proactive methods will be stressed, as opposed to reaction.
- The techniques do not rely on size and strength, and can be easily learned and retained.
- This program does involve a physical element with the basis on ESCAPE from the situation.

In addition, the program will include discussion about the types of aggression a woman can encounter and the appropriate verbal and physical defences that are most effective against them. Information about the law as it applies to harassment, sexual harassment, sexual assault, and force options in women's self defense will also be presented.

Upon completion of the training students will be able to:

- Identify methods of preventing instances of harassment
- Identify behaviours in someone that can lead to sexual assault.
- Demonstrate verbal skills to prevent harassment
- Demonstrate physical techniques for countering:
 - passive assaults (grabs, holds, etc)
 - aggressive assaults (punches and kicks)
 - And ground pins.

What do I take away with me when I complete the program?

1. 24 hours of intense classroom involvement including lectures, discussions and physical training skills
2. A comprehensive 275 page Instructor Manual
3. A Kubotan (personal protection device)
4. Training on how to use the Kubotan
5. A wall certificate suitable for framing.
6. A CD containing the student manual, student tests, waivers, student certificate, and flyer examples to allow you to run your own programs.
7. Email and telephone support from Life Safety Specialists Training Group to assist with any questions on the program.
8. Listing of your CIA programs on the WWW.LSSTG.COM website
9. Discounts on Instructor development seminars with Life Safety Specialists Training Group.
10. Free attendance to our Critical Incident Avoidance Instructor Program or Critical Incident Avoidance Basic Programs for the three years your certification is good for.
11. A new level of understanding, self-confidence and skill set.
12. The potential to make the lives of others safer through the knowledge you share with them.

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What others have to say about our program

"I was already a certified Women's Self Defense Instructor before I took the Critical Incident Avoidance Instructor Program, but nothing I learned previously compares to what I got from this seminar. The teaching team of instructors are professionals who handled the sensitive topics of Rape and Sexual Abuse with respect and compassion for their students. I can hardly wait to take another seminar with them."

- Jean Galloway, Corporate Trainer

"The most important aspect of this course was the confidence I gained while taking it. I learned that I am capable of teaching and speaking in front of a group. The instructors were awesome, helpful and encouraging. They made the course fun and interesting. I was never bored ("

- Raffaella Georgiou, Security Officer

"I have taken other instructor programs in women's self-defence, and had quite a bit of self-defence teaching experience before coming to the CIA course. All the same, as the course dates approached, I found I was increasingly apprehensive. I knew I would have to face my own strong feelings surrounding the issue of assault against women – feelings that had inspired me to want to learn and self defence in the first place, but persisted despite my previous certifications! I was amazed by the amount of information the course contained on prevention psychology, avoidance, and specific, realistic and highly effective skills for dealing with a wide range of threatening situations. Learning to deal with my own fear was perhaps one of the most beneficial parts of the program to me. The course helped me to come to terms with my own unresolved issues about the victimization of women, by allowing me to ask specific candid questions in a safe environment. I came away from the course with much more than a wealth of knowledge to share with my students, but with a whole new level of confidence! The CIA Instructor Program has truly empowered me to empower others!"

- Marie Lapierre, Self Defence Instructor

"When I first approached the idea of women's self defense it was not as an instructor. I knew of Kevin as an instructor through a mutual friend, but I had never thought of taking a program as an instructor. I called him to find out if there was a basic program running and I took that first. It was during that program that I thought I might want to teach this course. The method of having both male and female instructors in the program helped me to realize that size didn't matter. When a very large and strong man in the class grabbed my wrist, I thought there was no way I could get out, and at first I couldn't. Kevin came by and showed me why the technique wasn't working and then told the guy to hold on as hard as he could. It really hurt having the guy grip my wrists but that was nothing compared to my surprise when I got my hand free. I had to repeat it several times to be sure it wasn't a trick. I went home that night and did the same thing to my boyfriend a born again sceptic, and found that it worked more effectively the more I practised it. I found that both Kevin and Lisa were so incredibly patient with me, that it was a joy to take the training. As an instructor, I know that I'll be just as supportive to my students. Thanks for everything you have given me!!!"

- Sarah Wood, Executive Assistant

**Life Safety Specialists
Training Group
To succeed or stay the same???**

That is the real question you have to consider. Do you want success and security in your life? Are you prepared to take the steps to a more secure future today? Are you ready to become an instructor; someone that others can look up to as a shining example of confidence and self-esteem? If so, and you believe that opportunity knocks; then I'm standing at the door and telling you that this is an awesome opportunity for you. I'm passionate about training and empowering women to succeed...

Call Today

So as you think of the adventure of success, power and new skills just waiting for you to uncover them in our *Critical Incident Avoidance Instructor Program*, and you contemplate the breakthroughs and joys of being truly free from insecurities and the little things that lead to critical incidents, won't it feel great to **PICK UP THE PHONE** and **CALL RIGHT NOW** to register with **Lisa Marsan** of Life Safety Specialists Training Group. She or **Dr. Kevin Vandeyck, T.C.M.D, Ph.D**, is waiting to sign you up and start you on your *Critical Incident Avoidance Instructor Program* adventure, today. The magic digits to success are:

Lisa Marsan	Dr. Kevin Vandeyck
416-320-3142	416-846-9858
Lisa_Marsan@lsstg.com	kevin_vandeyck@lsstg.com

Next Program Dates:

1. August 19, 20, 26, 27, 2006
2. April 21, 22, 28, 29, 2007

Requirements for registration:

- Desire to teach women's self defense
- No Criminal Record (a letter from local police may be required)
- Commitment to attend all days inclusive

Location:

Will be given to applicants upon registration.

Investment:

\$750.00 + GST (\$802.50)

[Register early as there is a limited space available.](#)

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PROGRAM OUTLINE: Making honest statements that begin the process of self-awareness. These key moments of honesty help the instructor understand what makes each participant strong, and how to draw them from their weakness.

All of the following topics will be covered in detail

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|---|--|
| 1) Introduction | 10) Personal Safety Tips and Reminders |
| 2) Sexual Assault Facts and the Law | 11) Injury Effects of Strikes |
| 3) Date Rape Drugs (Identification, Prevention And First Aid) | 12) Defensive Counter Strikes |
| 4) Detecting Danger | 13) Aggressive Assault Defense Techniques |
| 5) Prevention Psychology | 14) Ground Pin Escapes |
| 6) Controlling Your Fear | 15) Self Defense Weapons |
| 7) National Use of Force Model | 16) Crisis Intervention |
| 8) Passive Assault Defense Techniques | 17) Methods of Instruction |
| 9) Understanding and Dealing with Verbal Abuse | Appendix A – Complete Sections of the Criminal Code of Canada relating to Sexual Assault |

UNDERSTANDING YOUR ASSAILANT: Explaining why an attacker does what he does and how to take away his power. These techniques are simple to master and used constantly while training.

PROJECTING YOUR POWER: Learn how to effectively use posture and voice to create moments of doubt and confusion in the attackers mind giving you opportunities to escape.

STANDING TECHNIQUES: Dealing with being pushed or pulled, escapes from chokes and headlocks. Absorbing a strike and many more

GROUND TECHNIQUES: Escape from an attacker who is between your legs. Escape from an attacker who is sitting on your chest. Escape from an attacker who is holding a knife and many more.

AND MUCH MORE: Because self-defense is not something that can be sampled and then put away until it is needed, we are committed to nurturing the mindset of personal empowerment for women. Participants are encouraged to attend other seminars and bring a friend to empower them as well. It is about creating a bond with others and yourself, realizing that you are an amazing being, worthy of your own respect.

Although no program can ever guarantee that the participant will always be prepared against any attacker, the Critical Incident Avoidance Program was designed for the most important reason of all...ABUNDANT LIFE AND LIVING IT FULLY! We are all entitled to it and we should never live in fear of someone else; denying or taking it from us.

**‘ACTION IS EMPOWERMENT. IT STRENGTHENS THE SPIRIT, MIND AND BODY,
TEACHING US THAT THE REAL BATTLE LIES WITHIN!’**

Life Safety Specialists Training Group

Program Creator and Master Trainer



Kevin Vandeyck T.C.M.D., Ph.D. has over 15 years in the private security sector working as a security guard, supervisor and trainer for several private security companies in the Greater Toronto Area. Kevin has taught Law Enforcement and Use of Force since 1994 in the Toronto Area. Dr. Vandeyck also provides therapy in a private clinic 3 days a week. He completed his Doctorate of Chinese Medicine in 1996 and Doctorate of Clinical Hypnotherapy in 2002.

Kevin's certification credentials in the Law Enforcement field are extensive, allowing him to teach a large number of basic, intermediate and advanced programs. He has received instructor certifications from PPCT Management Systems, Inc., an internationally recognized authority on research-based use-of-force and tactical team training for criminal justice agencies. PPCT specializes in training instructors for police, corrections, security and military agencies world-wide. Kevin's PPCT Instructor certifications include: Defensive Tactics, S.H.A.R.P. (Sexual Harassment, Assault and Rape Prevention), Spontaneous Knife Defence, Dynamic Simulations, Side Handle Baton, Collapsible Baton, and Sharpening the Warriors Edge. Kevin is also a certified Instructor Trainer with Monadnock International, in Defensive Tactics and Side Handle Baton Training. Kevin also holds Instructor Trainer Certifications from various organizations in Tactical Communications, Defensive Tactics, Ontario Use of Force Instruction, Basic Self Defence and Handcuffing, Side Handle and Expandable Batons, Edged Weapon Defence, and Tactical Ground Defence, Access Control, Professionalism, Note Taking and Report Writing, Fire Safety, Patrol Procedures, First Aid & CPR, Loss Prevention, Crime Scene Preservation, and Court Room Presentation.

Kevin's advanced training courses for students include: Asset Protection, Close Protection and Secure Transports of V.I.P. Clients, Surveillance & Counter-Surveillance Tactics, Private Investigations, Detecting Deception, and many other specialty skills.

Kevin has studied various martial arts for the past thirty years. He holds Black Belt rankings in several martial arts, including Shin-Tengu Hikakure-jutsu (9th Dan), Iaijutsu (7th Dan), Shorin-Ryu Karate -Do and Jiu Jitsu (6th Dan), Kobudo (4th Dan), and Jodo (4th Dan), and is a certified instructor trainer in Shaolin Kung Fu and Yang Style Tai Chi Chuan. He was awarded the title of *Hanshi* (Master) in 1993 before leaving Japan, for his contributions and accomplishments in the martial arts by the Nihon Joudai Budo-Kai, in Tokyo, Japan. He has taught martial arts classes to adults and private students in various clubs around the City of Toronto for 11 years. He has competed and judged in numerous tournaments worldwide, most notably winning the Japan Open, Full Contact Challenge in Kashiwa, Japan in 1993. Kevin has participated in over one hundred-fifty seminars featuring top-ranking instructors from Japan, Israel, China, USSR, the Caribbean, the United States, and Canada. He has also performed in demonstrations at the American Embassy in Japan, for various Law Enforcement Agencies, at street festivals, movie premieres, and concert festivals across Canada and the United States

Kevin is an internationally recognized Master-Trainer of Ericksonian Hypnotherapy and Neuro-Linguistic Programming, providing private trainings to Medical Professionals on Brief Therapy Models and Unconscious Behaviour models. He is a highly sought after speaker on the use of Hypnotherapy in pain control and unconscious behaviour modification.

Life Safety Specialists Training Group Instructor Trainer

Lisa Marsan is a civilian law enforcement trainer currently working in the private security field. Lisa entered the law enforcement field in 2002 after more than fifteen years in the corporate sector as a customer service specialist. She has worked as a Security Officer, Supervisor, Instructor and Alarm Dispatcher at a variety of high profile accounts and at a corporate head office in the Greater Toronto Area.



Lisa holds instructor certifications from PPCT Management Systems, Inc., and the Monadnock Police Training Council; research-based organizations which specialize in training instructors for police, corrections, security and military agencies world-wide. Lisa's certifications include:

Instructor Trainer Certification:

- Critical Incident Avoidance (C.I.A.) Program

Instructor Certifications:

- PPCT S.H.A.R.P. (Sexual Harassment, Assault and Rape Prevention)
- PPCT Defensive Tactics
- PPCT Spontaneous Knife Defense
- MDTS (Monadnock Defensive Tactics System)
- PR-24 (Baton)

Lisa has also completed numerous security-related courses including Methods of Instruction, Leadership and Management, and Tactical Communications.

Lisa has studied martial arts for the past 11 years. She holds Black Belt ranks in several martial arts, including Ninpo Taijutsu, Goju Ryu Karate-Do, Jiu Jitsu, Kobudo, Iaido, and Jodo, and is a certified instructor in Tai Chi Chuan. She has taught martial arts classes to adults, children and private students in private clubs and for the City of Toronto for several years. She has competed and judged in numerous tournaments, and has participated in over fifty seminars featuring top-ranking instructors from Japan, the Caribbean, the United States and Canada. She has also performed in numerous public demonstrations and on television. She has published articles about the martial arts for local magazines and community newspapers.

Lisa is committed to helping people to empower themselves and stay safe.