



Force Management Academy, Inc.

Force Management Academy offers a variety of courses designed to offer simple, easy to learn, yet very effective self-defense for those who do not want to have to study martial arts, firearms, or attend repeated courses to learn complex skills.

True self-defense is about awareness & avoidance, not fighting or combat skills, yet many teach only combat skills as self-defense, the truth is the use of violence represents a total breakdown in your self-defense plan. Although these skills are a very real part of most of our training programs, our focus is on staying out of danger, and then what to do once you are faced with it, including a variety of non-violent physical skills that can be used to reduce or remove a threat.



Our courses are designed to provide you with proven real-world knowledge & skills to help you avoid danger when possible, and deal with it when you must. We teach the physiology and psychology of combat, verbal control, hold breaks, as well as the best physical skills from a wide variety of sources including; Judo, Brazillian Jiu-Jitsu, military combatives, street fighting tricks, and much more.

We also offer non-physical safety lectures suitable to small or large groups on awareness, avoidance, and the legal use of force for community groups, church groups, or anyone who wants to learn the basics of self-defense without the physical skills.

Introduction to Self-Defense

Feb 26, 3:30 pm - 7:30 pm @ DOCS Gym, 3115 Penn Ave. N. Mpls. MN

Only \$75 per person, pre-registration required on website.

Space is limited, so sign up today!

To contact us for a list of available courses, to sign up for a course, or with any questions you may have, please contact us at:

www.forcemanagementacademy.com office@forcemanagementacademy.com