

Richard Dimitri "The Shredder"



In conjunction with

Defensive Measures International

Senshido Real Street Survival Skills Seminars

Brisbane, Queensland 14th & 15th March 2009

Richard Dimitri will be visiting Brisbane for the first time ever to conduct two of his internationally acclaimed survival skills seminars

The Shredder's Cutting Edge Seminar & Walk the Talk Seminar

Location: Defensive Measures International: Upper Mount Gravatt (Brisbane), Queensland

Duration: The Shredder's Cutting Edge: Saturday 14th March 09 between 9:00am to 4:00pm
Walk the Talk: Sunday 15th March 09 between 9:00am to 2:00pm

Cost: The Shredder's Cutting Edge: \$150 (Early Bird Discount: \$125)
Walk the Talk: \$120 (Early Bird Discount: \$100)

Cost includes seminar, morning tea and certificate of attendance

**For more information contact Paul on 0421-782-405
or dmint@bigpond.com or go to www.street-edge.com.au**

For online booking: www.senshidobrisbane2009.eventbrite.com

For further information about Richard Dimitri or Senshido: www.senshido.com



The Shredder's Cutting Edge Seminar 14th March 2009 between 9am - 4pm

Knife defense tactics for the real world: This seminar answers many questions and demystifies knife attacks using Senshido's Shredder (referred to as revolutionary, "the missing link in martial arts", an innovative offensive tactic and concept).

Seminar topics include: The psychology of an armed attacker, how to avoid getting cut in vital areas, 3 golden rules to knife defense, controlling the blade, rear hand knife attacks, prison inmate tactics, evasive maneuvers, reflexive response and much more.

Combining 2 seminars into one, this workshop will cover Senshido's revolutionary close quarter combat concept "The Shredder" and how to successfully use it against a knife armed attacker.

Walk the Talk Seminar 15th March 2009 between 9am- 2pm

"Know the enemy..." Self defense truly begins with the self. Walk the Talk seminar deals with the mastering of negative, damaging yet powerful emotions, the communicative and behavioral aspects of violence as well as tools for de-escalation and defusing potential arguments and confrontations.

Seminar topics include: The psychology of fear and anger, anatomy of a confrontation, belief systems and personal boundaries, sitting with strong emotion, body language and behavioral patterns, scenario replications, emotional invocation, awareness and intuition, identifying triggers, healthy communication skills and much more.

What to bring:

Any protective clothing and equipment that you have like gloves, focus mitts, headgear, mouth guard etc. Water, towel and any medication you need.

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