**S**elf Defense **A**wareness **F**undamentals for **E**veryone *by* ***Urban Survival Fitness***

**S.A.F.E.** is an advance yet simple system designed for:

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| * [Description: Fight. Woman Knee Kick In Mans Stomach](http://www.bigstockphoto.com/image-10601249/stock-photo-fight-woman-knee-kick-in-mans-stomach)Crime Prevention * Personal Safety * Self-Defense * General Wellness   **IT’S YOUR LIFE ~ TAKE CONTROL OF IT**    **Can I Do This?**  [Woman Being Followed | Stock photo](http://www.bigstockphoto.com/image-6525951/stock-photo-woman-being-followed) ***Absolutely!*** We create an environment where you feel comfortable enough to challenge yourself and discover your strength. You will learn to use your entire body, regardless of your strength, size body type or level of fitness. Students of up to 81 years of age have completed this course. Determination and the desire to take control of your life is all that is required.  [Description: Beautiful but dangerous woman fighter working on her right cross with her trainer in an Mixed Martia](http://www.bigstockphoto.com/image-27820697/stock-photo-beautiful-but-dangerous-woman-fighter-working-on-her-right-cross-with-her-trainer-in-an-mixed-martia)  **Why should I take this class?**  **Because the more prepared you are to defend yourself; the less likely it is that you will ever have to** | **How much more fulfilling would your life be, and how much more freedom would you experience if you knew how to recognize and respond to a potentially dangerous situation?**  **S.A.F.E.** focuses on the physical, emotional and psychological aspects of an attack through a hands-on and lecture combination that allows students to practice the self-defense techniques. **S.A.** **F.E.** [Description: Empowerment | Stock photo](http://www.bigstockphoto.com/image-32197949/stock-photo-empowerment)program draws on years of experience in various types of self-defense and martial arts to educate and prepare you to learn counter strategies to protect yourself and those you love.  [Description: Man Mugging Woman In Street | Stock photo](http://www.bigstockphoto.com/image-13901582/stock-photo-man-mugging-woman-in-street)**S.A.F.E. helps turn fear into effective self-defense energy**.  The course will address lack of confidence, helplessness, and anger. This course will signal a new awareness of your physical potential, emotional strength and confidence.  **Classes can be held at our spacious facility, your facility, in the park or at a location of your choice.**  Our Location:  5929 East 38th Avenue, Building B, Denver, CO 80207 (720) 838-4401  [www.urbansurvivalfitness.com](http://www.urbansurvivalfitness.com) |