

Safe International™ Expands Self-Defense Classes to Edmonton, Canada



Edmonton, Mar 2, 2019 ([Issuewire.com](http://www.Issuewire.com)) - Chris Roberts, managing director of [SAFE International™](http://www.SafeInternational.com), announced the launch of self-defense Edmonton classes that feature women's self-defense parties, courses for high school students, seniors, and corporate programs.

"SAFE International's goal is to teach violence prevention strategies to as many people as possible through a self-defense experience that is honest, memorable and effective!" said Roberts.

From the home and workplace to airports and schools, violence and confrontations are becoming more common and it's essential that individuals know how to defend themselves. [Self-defense classes Edmonton](#) are an investment in personal safety that's effective for men and women of all ages. The sessions require no previous experience and are designed for everyone, from stay-at-home moms to

busy corporate executives.

The mobile-based self-defense company provides engaging women's self-defense parties and sessions for seniors, corporate events and high schools at a variety of venues. Participants learn strategies that they can immediately use to protect themselves and loved ones in just hours instead of weeks and all classes feature a practical approach to self-defense.

SAFE International™ is unique in that it offers women's self-defense parties where women can learn how to defend themselves at home in a safe and supportive environment. Participants learn how to counter simulated attacks in a variety of situations. [Women and self-defense Edmonton](#) classes are taught with a healthy dose of humor combined with serious instruction that makes learning fun. The sessions also offer a unique alternative to traditional bachelorette parties.

The company is a leader in violence prevention classes and has taught more than 200,000 people to protect themselves since 1994. [Self-defense Edmonton](#) classes include physical and verbal tools for defusing and de-escalating physical assault, along with the legal and ethical use of self-defense.

Corporate self-defense, violence, and harassment prevention seminars are beneficial for companies and employees to recognize risks in multiple environments. Verbal and non-verbal strategies are taught, along with measures that reduce the potential of becoming a victim. Employees in certain fields are at increased risk and SAFE International™ also offers more in-depth courses that can be customized to specific industries.

SAFE International™ self-defense Edmonton classes provide men and women, students and corporate clients with essential physical and verbal skills for self-protection that they can use immediately. Appropriate for all ages, the classes provide personal safety and security skills that are beneficial in multiple situations.

About SAFE International™

SAFE International™ is a mobile-based self-defense company that understands the average person might only participate in one self-defense course during their lifetime. The practical approach used by SAFE International™ has been featured in numerous print and broadcast media worldwide for its fun and effective way of providing essential self-defense concepts and is recognized globally for methods that can be learned in hours.

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