



# Franklin Joseph's POWER TO WOMEN Workshop





**FRANKLIN JOSEPH**

# **POWER TO WOMEN**

**SELF DEFENSE WORKSHOP**

**FIERCE WARRIORS BATTLE SMARTLY**

**Psychological Women Empowerment on Warrior Leadership,  
Stress Resilience and Conflict Management Wellness Training**



# Power To Women Self Defense Fees

Power To Women Workshop are fun, interactive & scientific, teaching Israeli Military Krav Maga Self Defense - fast, easy & effective for real crime designed for all women

**Workshop fees in Bangalore City include Stay & Travel from Dharwad (my hometown). Travel, Stay and Food will be Extra for all other cities except Bengaluru.**

HOURS	NO. OF PARTICIPANTS	ONLINE FEES	FEES WITH Pvt Cab	FEES WITH NO Pvt Cab
<b>Upto 30 Min. - Power To Women Workshops by Specialist Franklin Joseph</b>				
30 Min	1 to 50 Participants	Rs 20,500	Rs 21,500	Rs 26,500
30 Min	1 to 100 Participants	Rs 27,500	Rs 28,500	Rs 33,500
30 Min	1 to 200 Participants	Rs 34,500	Rs 35,500	Rs 40,500
30 Min	over 200 Participants	Rs 44,500	Rs 45,500	Rs 50,500

<b>Upto 1 Hour - Power To Women Workshops by Specialist Franklin Joseph</b>				
1 Hour	1 to 50 Participants	Rs 22,500	Rs 23,500	Rs 28,500
1 Hour	1 to 100 Participants	Rs 29,500	Rs 30,500	Rs 35,500
1 Hour	1 to 200 Participants	Rs 36,500	Rs 37,500	Rs 42,500
1 Hour	over 200 Participants	Rs 46,500	Rs 47,500	Rs 52,500

<b>Upto 1.5 Hours - Power To Women Workshops by Specialist Franklin Joseph</b>				
1.5 Hours	1 to 50 Participants	Rs 24,500	Rs 25,500	Rs 30,500
1.5 Hours	1 to 100 Participants	Rs 31,500	Rs 32,500	Rs 37,500
1.5 Hours	1 to 200 Participants	Rs 38,500	Rs 39,500	Rs 44,500
1.5 Hours	over 200 Participants	Rs 48,500	Rs 49,500	Rs 54,500

<b>Upto 2 Hours - Power To Women Workshops by Specialist Franklin Joseph</b>				
2 Hours	1 to 50 Participants	Rs 26,500	Rs 27,500	Rs 32,500
2 Hours	1 to 100 Participants	Rs 33,500	Rs 34,500	Rs 39,500
2 Hours	1 to 200 Participants	Rs 40,500	Rs 41,500	Rs 46,500
2 Hours	over 200 Participants	Rs 50,500	Rs 51,500	Rs 56,500

<b>Upto 2.5 Hours - Power To Women Workshops by Specialist Franklin Joseph</b>				
2.5 Hours	1 to 50 Participants	Rs 28,500	Rs 29,500	Rs 34,500
2.5 Hours	1 to 100 Participants	Rs 35,500	Rs 36,500	Rs 41,500
2.5 Hours	1 to 200 Participants	Rs 42,500	Rs 43,500	Rs 48,500
2.5 Hours	over 200 Participants	Rs 52,500	Rs 53,500	Rs 58,500

<b>Upto 3 Hours - Power To Women Workshops by Specialist Franklin Joseph</b>				
3 Hours	1 to 50 Participants	Rs 30,500	Rs 31,500	Rs 36,500
3 Hours	1 to 100 Participants	Rs 38,500	Rs 38,500	Rs 43,500
3 Hours	1 to 200 Participants	Rs 45,500	Rs 45,500	Rs 50,500
3 Hours	over 200 Participants	Rs 55,500	Rs 55,500	Rs 60,500

<b>Upto 3.5 Hours - Power To Women Workshops by Specialist Franklin Joseph</b>				
3.5 Hours	1 to 50 Participants	Rs 32,500	Rs 33,500	Rs 38,500
3.5 Hours	1 to 100 Participants	Rs 39,500	Rs 40,500	Rs 45,500
3.5 Hours	1 to 200 Participants	Rs 46,500	Rs 47,500	Rs 52,500
3.5 Hours	over 200 Participants	Rs 56,500	Rs 57,500	Rs 62,500

<b>Upto 4 Hours - Power To Women Workshops by Specialist Franklin Joseph</b>				
4 Hours	1 to 50 Participants	Rs 34,500	Rs 35,500	Rs 40,500
4 Hours	1 to 100 Participants	Rs 41,500	Rs 42,500	Rs 47,500
4 Hours	1 to 200 Participants	Rs 48,500	Rs 49,500	Rs 54,500
4 Hours	over 200 Participants	Rs 58,500	Rs 59,500	Rs 64,500

<b>Upto 4.5 Hours - Power To Women Workshops by Specialist Franklin Joseph</b>				
4.5 Hours	1 to 50 Participants	Rs 36,500	Rs 37,500	Rs 42,500
4.5 Hours	1 to 100 Participants	Rs 43,500	Rs 44,500	Rs 49,500
4.5 Hours	1 to 200 Participants	Rs 50,500	Rs 51,500	Rs 56,500
4.5 Hours	over 200 Participants	Rs 60,500	Rs 61,500	Rs 66,500

<b>Upto 5 Hours - Power To Women Workshops by Specialist Franklin Joseph</b>				
5 Hours	1 to 50 Participants	Rs 38,500	Rs 39,500	Rs 44,500
5 Hours	1 to 100 Participants	Rs 45,500	Rs 46,500	Rs 51,500
5 Hours	1 to 200 Participants	Rs 52,500	Rs 53,500	Rs 58,500
5 Hours	over 200 Participants	Rs 62,500	Rs 63,500	Rs 68,500

Any City apart from Bengaluru **Extra Cost** = Bus/Train + Cab + Stay Cab is Private AC Pickup & Drop Till Reception NOT Uber / Rapid 1 way



# Power To Women Safety Analysis



## SAFETY ANALYSIS OF WOMEN SAFETY ENVIRONMENT

**Rs 30,000** for 3 Days (Stay + Food from Org.)

- Survey & Analysis of **Women Staff** – Issues & Loopholes
- Survey & Analysis of **Women Helpers** – Issues & Loopholes
- Analysis of How to Improve **Feel-Good-Safe-Factor**
- Study of **areas unsafe for women** within / around venue
- Recommendations on **Critical Areas of Improvement**

**Add Rs 20,000** - Self Defense Security Team Training – 2 Hours



# Why we are unique & different ?

## Designed by Israeli Military

- Specially designed for Women
- Size, Strength Fitness NOT Needed
- Uses Scientific adaptability for Indian Conditions
- NO Stunts NO Tricks

## Uses Simple Combat Science

- Uses Simple School Science
- Diffusion First - Prevent, Avoid & Escape
- Helps women adapts to Warrior Mindset



## Fast Easy to Learn Reflex Instincts

- Very Easy to Learn
- Effective for Real Crime Situations
- Fast Learning of Tactics - Grabs, Chokes, Weapons, Car/Bus, Multiple Attackers etc.



## Psychological Critical Decision Skills

- Strategic Skills Set that can Save Lives
- Management of Fear & Insecurities
- Control Situations with Failure & Depleting Resources under Stress
- Neurobehavioral Reprogramming (NBP) etc.





## Fun & Highly Interactive Workshop

Filled with Simple Drills & Games

Create Physical & Mindset Power

With a new Source - Combat Science



Enhance Psychological Resilience & Skills

- with Real Life Case Scenarios

**WOW!**



# What is Krav Maga?

Krav Maga, an Israeli Military Self Defence system is a highly practical and efficient self-defence system developed for Real World situations with Real Life People.

## 1 Easy to Learn

- Based on Reflex Instincts
- Everyone has Fast Reflexes
- Tactics are based on these instincts you already have
- Easy to Learn & Replicate in Real Situation

## 2 Scientific & Real

- Created by Israeli Military
- Designed for Normal People
- Scientific focused on First to Prevent & Avoid
- Fast to Learn in few Hours
- Boost Mental & Physical Resilience

## 3 Effective Empowerment

- Intensify Confidence with Real Knowledge
- Designed for Indian Culture
- Girl / Women Lack of Size or Strength is Irrelevant
- Enhance Situational Awareness



# WE ARE NOT MARTIAL ARTS

## Martial Arts

---

- Rigid stuck in traditional forms & old rituals.
- Need Size, Strength & Fitness.
- In Tournaments - NO cheating is allowed.
- Has Rules & Regulations. Also Fancy Stunts.
- Take years or decades to master.
- Rooted in cultural & spiritual traditions.
- Has Ethical Values with discipline & respect.
- Does not upgrade for modern crime

## Krav Maga

---

- Designed scientifically for modern crime.
- Do NOT Need Size, Strength & Fitness.
- Criminal Cheat so Deception is taught.
- NO Rules. NO Regulations. NO Stunts.
- Take Days to weeks to learn muscle memory.
- Studies Crime & learn from criminal behavior.
- Focuses on returning home alive – so NO ethics.
- Always upgrades to modern crime & people in it.



# Advantages For Corporate & Employees

Workshop teaches various psychological & tactical skills taught in a group where problems are identified, analyzed & effective solution are taught with lot of games, drills & verbal exercises.

## Critical Decision, Conflict De-Escalation

- Enhance Critical Decision = Less Errors in Work
- Effectively De-Escalate & Solve Work Conflicts

## Healthier Work - Life Balance

- Learn to Convert Fear Insecurity as Positive Tools
- Focuses on Women Safety & Healthier Lifestyle

## Mental Resilience & Stress Management

- A Resilient Mindset = Less Burnout under Stress
- Effective Stress Management = Increased Productively & Better Job Satisfaction

## Urban Corporate Culture Enhancement

- Shows the corporate culture strengthens women
- Upgrade Personality Inter-personal Skills



# Practical Application and Scenario-Based Training

## ① Real-Life Simulations

Put your skills to the test in realistic scenarios, simulating potential threats and applying your newly acquired knowledge in a safe and controlled environment.



## ② Hands-On Techniques

Experience hands-on training using a variety of self-defence techniques, empowering you with practical skills you can utilize whenever needed.



## ③ Customized Feedback

Receive personalized feedback from an expert with 2 decade experience, allowing to refine & perfect self-defence techniques for maximum effectiveness.





# Survival Warrior Mindset – Diffusing Fear & Cultivating Courage

Most women are not confident about their lack of size & strength especially dealing with a bigger stronger attacker. Our focus is to use fear & develop strength using Combat Science.

## Understanding Fear

- How to use fear
- Learn powerful techniques to manage and overcome it
- Act with courage & confidence in high-pressure situations.

## The Power of Mindset

- Unleash your inner strength
- Cultivating a resilient mindset
- Enabling you to stay focused
- Composed, and in control even when facing adversity.

## Building Mental Fortitude

- Develop mental toughness
- Thrive in challenging situations
- Use visualization techniques
- Learn to harness your full potential.



# Conflict Stress Management – Performing Under Pressure (With Present & Clear Danger)



## Recognizing & Managing Stress

Learn effective stress management techniques to maintain clarity and focus, ensuring optimal performance in critical situations.



## Decisiveness Under Duress

Discover strategies to make swift and effective decisions, even when personal danger is real, enabling you to stay one step ahead



## Maintaining Self-Control

Develop the ability to stay calm and composed in high-stress situations, allowing you to respond with precision and efficiency.

# Franklin Joseph's Krav Maga Self Defense

Google



**4.7** 102 reviews

facebook



**4.4** 34 reviews

Justdial



**4.4** 91 rating

Women Safety Report 2014



**OSAC, USA**

2017 Best Service Excellence

**AWARD**



**LONDON, UK**



# Women's Safety in India – Benchmarking Survey Results April 2014

By **Overseas Security Advisory Council (OSAC)**

Bureau of Diplomatic Security, U.S. Department of State

OSAC constituents offered the following recommendations.



**“Franklin Joseph is a good self-defense trainer, who not only focuses on the physical part, but also on the psychological aspect”**

# U.S. Department of State



# Franklin Joseph's Power To Women Self Defense Workshop

## Latest Pictures from Workshops





# Power To Women Safety Workshops

## Cancellation charges

If the corporate cancels or postpones within **15** days of the workshop date - **15%** of the workshop fees will be charged

If the corporate cancels or postpones within **5** days of the workshop date - **25%** of the workshop fees will be charged

If the corporate cancels or postpones within **1** days of the workshop date - **50%** of the workshop fees will be charged

# Worked under **Nobel Peace Winner 2014**



Kailash Satyarthi: India's Nobel  
Peace Prize Winner for 2014

**7+ years worked with  
Mr. Kailash Satyarthi, Nobel Peace Prize Winner 2014**

**"The experience working with Kailashji showed me the real nasty truth about crime, violence & sexual abuse in the grass-root level in poor as well as rich homes. My workshops are heavily influenced by his ideologies – showcase the truth & then provide a social solution"**

**--- Franklin Joseph**



# Police Commissioner Women Safety Workshop



## THE NEW INDIAN EXPRESS

Home > Cities > Bengaluru

### Sex Crimes Signs of a Bigger Problem: M N Reddi

By Express News Service | Published: 08th February 2015 05:59 AM

Last Updated: 08th February 2015 07:11 AM

[Tweet](#) 1 [Like](#) 0 [+1](#) 0 [Email](#) 3



Girls being given martial arts training during a workshop on women's safety held at the Press Club on Saturday | express photo

BENGALURU: The police's role in ensuring women's safety is limited to treating the symptoms of the problem and not the problem itself, City Police Commissioner M N Reddi said on Saturday.

He was speaking at a workshop on women's safety organised at the Press Club. He said offences against women are symbolic of the problem, but don't tell the whole story. "The police have a limited role in solving the problem. We file FIRs, investigate the case and bring

the perpetrators to book. We set up systems that help prevent crimes against women. But the crimes are just symptoms of a deeper problem," he said.



Women Safety Workshops with Bangalore Commissioner & Vanitha Sahayavani NGO



# Workshop in ThinkBig 2016 Host - Karnataka Govt.



#WEDive

## WEDive Workshop

### Power to Women's Safety

(For Women Participants Only) Workshop on Women's Safety Against Crime, Violence & Psychological Empowerment Against Sexual Harassment/Abuse

Program Conductors: Franklin Joseph, Safety Empowerment Specialist & Founder, Indian Institute of Special Tactics And Combat Science & Power To Women Safety Empowerment Workshops



Time: 14:00 - 16:00

Date: Tuesday, 15 November 2016

Venue: Cassia



Hon'ble Home Minister, Shri G Parameshwara, with Smt. Ratna Prabha, ACS, GoK in ThinkBig 2016



# iTeachiPower.in – CSR / Sponsor for Girl Psychological & Self Defense Education



Self Defense starts in mind first



Combat Psychology – Prevent & Avoid



Combat Science – Study the Tactics



Practical Training taught by Girls



Pass the training by teaching others



Make it fun & effective for modern life

## Unique Features Points

Girl will train girls –  
They will become  
instructors

Girl Safety Cell will  
be created in within  
the Org.

Staff are trained &  
Org. will be  
certified

Women can open centers  
& be self employed  
educating girls

Focus on Prevent, Avoid  
& Escape Harassment  
& Abuse



# Tedx Sarajapur Talk by – Guru-ji Franklin Joseph



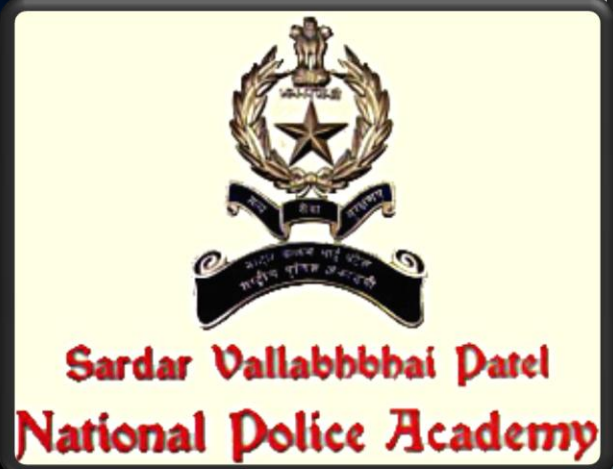
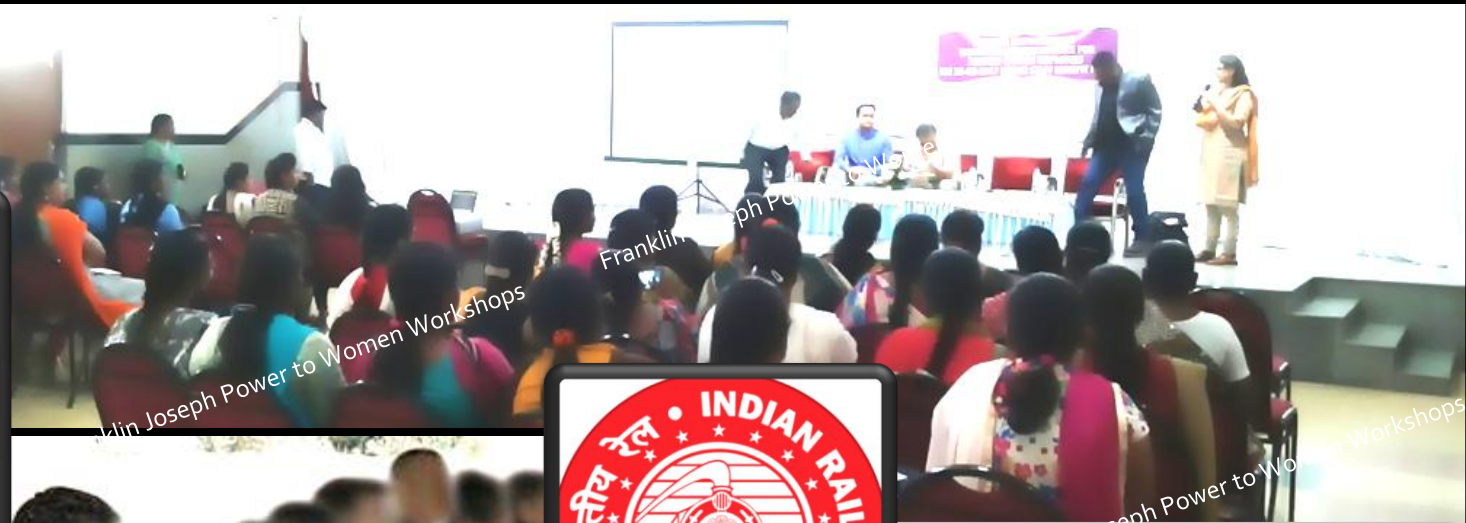
**TEDx**



**TEDx**



# Workshops with Govt. Org. – Guru-ji Franklin Joseph





# Franklin Joseph's Other Self Defense Capsules

## Only Women Safety Capsules

- Diffusion of Sexual Harassment Workshop
- Defense against Groping & Chain Robbery Workshop
- Anti-Rape Ground Assault Workshop
- Anti-Kidnapping Workshop
- Home Invasion - Hostage Self Defense Workshop
- Air-hostess Protection Detail Workshop

## Only Men Safety Capsules

- Men – Protection & Self Defense Workshop
  - Includes Diffusion of Sexual Harassment Capsule

## Mother and Child Safety Capsules

- Child - Defense against Abuse & Bullies Workshop

## Men & Women Safety Mixed Capsules

- Overseas Foreigner Protection Workshop
- Robbery & Road Rage Defense Workshop
- Defense against Robbery with Knife Workshop
- Defense against Robbery with Gun Workshop
- Ninja Kubaton Pressure Point Self Defense Tool Workshop
- Car & Bus- Krav Maga Self Defense Workshop

## Security Capsules

- Security - Quick Response & Escort Protection Workshop
- Driver Protection Details Workshops

## Men & Women Psychological Capsules

- Anti-Stress Anti-Anger Management Workshop
- Anti-Fear, Anxiety, Panic & insecurity Management Workshop

# Clients of **POWER TO WOMEN**

**Myntra** : We have made it compulsory for all women employees to attend the 'Dr. safety' workshop

**Infosys** : We received positive feedback, participants felt the session was more practical. We look forward for more.

**Yahoo** : Your approach, interaction & subject knowledge is highly appreciated and the participants feedback was good.

**Procter & Gamble** : Found the training very useful and learnt a lot. This knowledge would be useful for our entire lives.

**Mphasis** : Participants really enjoyed the workshops and learned a lot. They want to be taught more next time.

**MACH** : Participants gave set of very positive feedback, will work with you.





# Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop

## Introduction to 'Dr. Safety' Mr. Franklin Joseph

- Specialist in Women's Safety and Psychological Empowerment
- 7+ years worked with NGO on abused women & children
- Researched since 1986 on women's safety & empowerment
- Special focus on criminal pattern and no-rules street combat
- 2003 onwards - Israeli Self Defense Instructor & Practitioner
- Incorporates feedback from victims, criminals & psychologists
- Focus is EMPOWERMENT to PREVENT, AVOID and ESCAPE threats
- Deals with insecurities of women, fear factor & panic
- Pro-Active Scientific elimination of size and strength i ue





# Franklin Joseph's Other Self Defense Capsules

## MEN only PROTECTION & SELF DEFENSE WORKSHOP





# Franklin Joseph's Other Self Defense Capsules

## OVERSEAS FOREIGNER PROTECTION WORKSHOP



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
**BETTER THAN**  
**PEPPER SPRAY**





# Franklin Joseph's Other Self Defense Capsules

## HOTEL INDUSTRY SELF DEFENSE



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



# Franklin Joseph's Other Self Defense Capsules

## ANTI-STRESS / ANGER MANAGEMENT WORKSHOP



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop

**Rs 580 pp**

**ADD GIFT**  
**NINJA KUBATON**  
**BETTER THAN**  
**PEPPER SPRAY**



Workshop

Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop





# Franklin Joseph's Other Self Defense Capsules

## NEURO-BEHAVIORAL RE-PROGRAM WORKSHOP



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Rs 580 pp

ADD GIFT  
NINJA KUBATON  
BETTER THAN  
PEPPER SPRAY

Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop





# Franklin Joseph's Other Self Defense Capsules

## CAR / CAB TRANSIT SELF DEFENSE



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



# Franklin Joseph's Other Self Defense Capsules

## BUS TRANSIT SELF DEFENSE



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Rs 580 pp

ADD GIFT  
NINJA KUBATON  
BETTER THAN  
PEPPER SPRAY



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



# Franklin Joseph's Other Self Defense Capsules

## ANTI-ROBBERY & ROAD RAGE SELF DEFENSE



Rs 580 pp  
ADD GIFT  
NINJA KUBATON  
BETTER THAN  
PEPPER SPRAY





# Franklin Joseph's Other Self Defense Capsules

## FAMILY PROTECTION WORKSHOP



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



# Franklin Joseph's Other Self Defense Capsules

## ANTI- CHILD ABUSE & BULLIES WORKSHOP



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Rs 580 pp

ADD GIFT  
NINJA KUBATON

BETTER THAN  
PEPPER SPRAY



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



# Franklin Joseph's Other Self Defense Capsules

## SEXUAL HARASSMENT DIFFUSION WORKSHOP



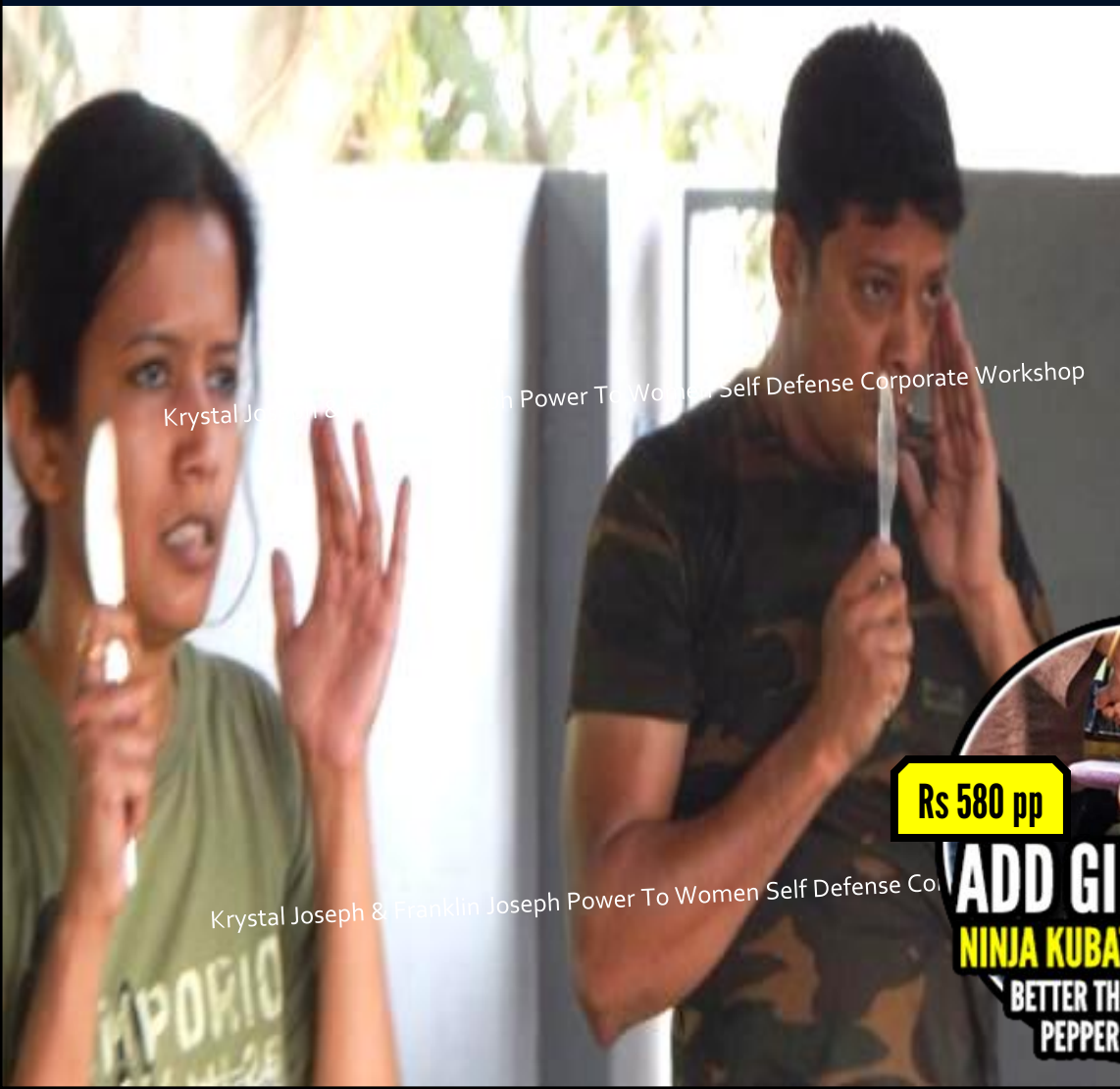
Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



# Franklin Joseph's Other Self Defense Capsules

## DEFENSE vs. ROBBERY with KNIFE WORKSHOP



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



# Franklin Joseph's Other Self Defense Capsules

## DEFENSE vs. GUN ROBBERY WORKSHOP



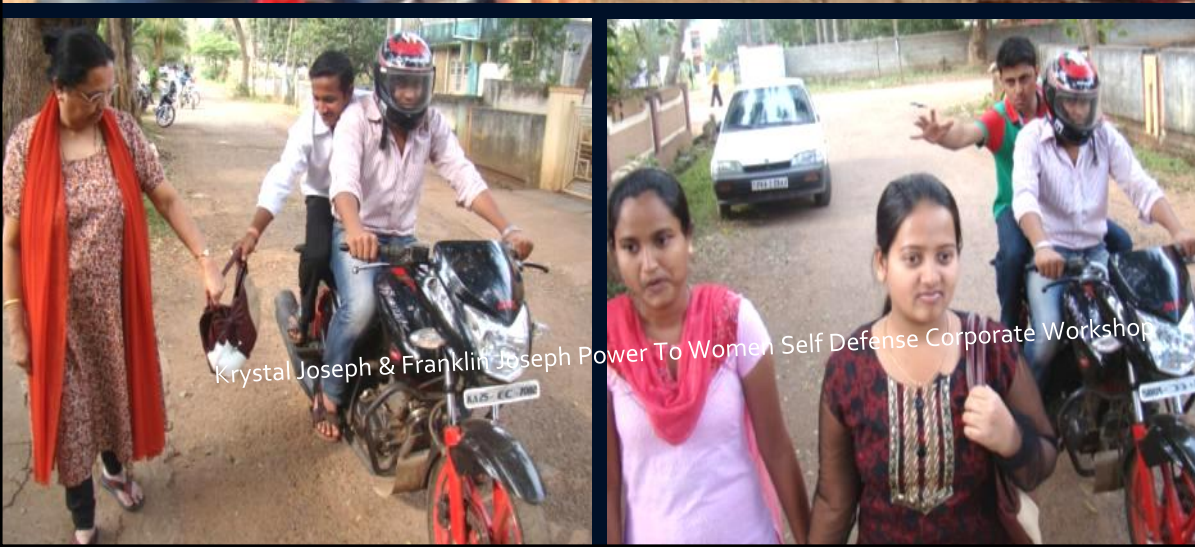
Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
**BETTER THAN**  
**PEPPER SPRAY**



# Franklin Joseph's Other Self Defense Capsules

## ANTI-GROPING & CHAIN SNATCHING WORKSHOP





# Franklin Joseph's Other Self Defense Capsules

## ANTI-RAPE SELF DEFENSE WORKSHOP



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
**BETTER THAN**  
**PEPPER SPRAY**





# Franklin Joseph's Other Self Defense Capsules

## ANTI-KIDNAPPING SELF DEFENSE WORKSHOP



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



# Franklin Joseph's Other Self Defense Capsules

## ANTI - HOME INVASION (HOSTAGE) WORKSHOP



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
**BETTER THAN**  
**PEPPER SPRAY**





# Franklin Joseph's Other Self Defense Capsules

## SECURITY QRT & ESCORT PROTECTION WORKSHOP





# Franklin Joseph's Other Self Defense Capsules

## NINJA KUBATON PRESSURE POINT DEFENSE TOOL





# Franklin Joseph's Other Self Defense Capsules

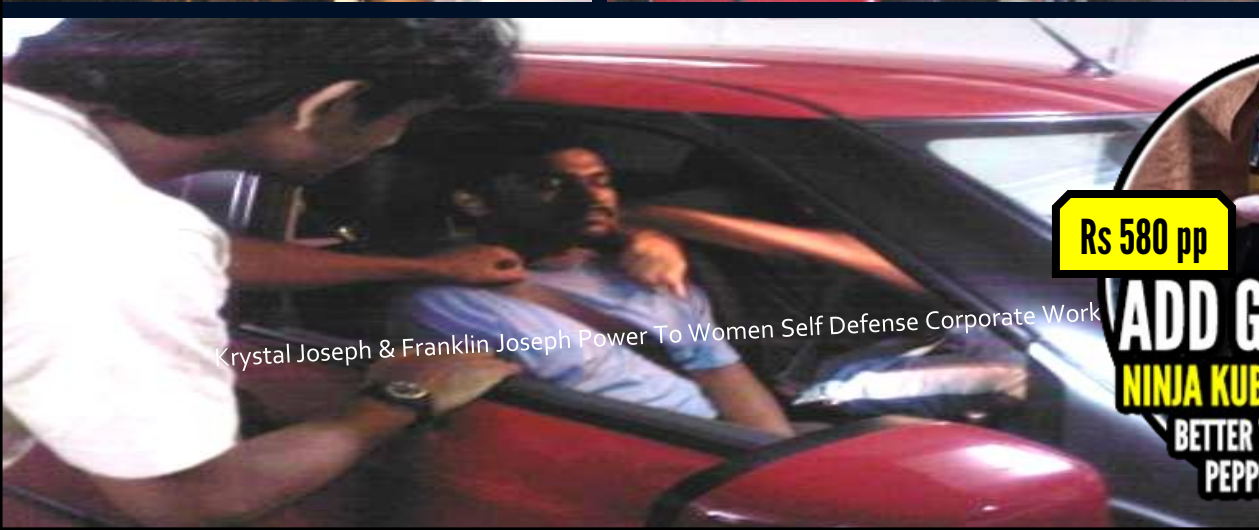
## DRIVERS PROTECTION WORKSHOP



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop



Krystal Joseph & Franklin Joseph Power To Women Self Defense Corporate Workshop

Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



# Franklin Joseph's Other Self Defense Capsules

## AIR HOSTESS PROTECTION DETAIL





# Franklin Joseph's Other Self Defense Capsules

## KRAV MAGA BOOT CAMP (w other activity)

MEN ONLY or WOMEN ONLY or MIXED ALLOWED

PRICE FOR BANGALORE ONLY



### Other Extra Activities

- White/Black Blindness Krav Maga Training
- Circle of Death / Multiple Attackers Scenario

### Shanks Weapons Training

- Psychological Awareness of Criminals
- Exposure to Desperation Survival Skills

### Using of Extra Elements

- Use of Elements - Beach, Water, Mud, Stones
- Situational Awareness adding more Stress

**2 days  
up to 100  
people**

- Rs 42,500 (with corporate cab)
- Rs 45,500 (Self Transport)

OTHER CITIES, TRAVEL & STAY EXTRA



# Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop

## Why our Workshops are effective & well received by Women?



Interactive **fun** games with practical session

Deals with woman's **fears**, panic & insecurities

Pro-active Methodology



Can add GIFT Rs 580 pp  
Ninja Kubaton Non-Lethal  
Self Defense Tool

Training on how to use it

Featured in **TV9** channel



Diffusion tactics to  
**PREVENT, AVOID & ESCAPE**

**Non-violent** methods for  
non-lethal crimes via

Crime Pattern Analysis



Intro to **Krav Maga**  
Israeli Self Defense tactics

Scientific & Effective

**NO** issues of size, strength  
& fitness level



# Women Self Defense is stuck in ice age mindset. We Change it.

**FACT :** Martial Art Tricks follow rules of sport, Criminals will Cheat & use Weapons

- Criminals are not honorable to follow rules. Martial arts tactics are great for sports where rules keep fighters safe.

**FACT :** Known people commit harassment, rape & abuse much more than strangers

- Will a women punch, kick or do martial arts tricks on a abuser she trusts, cares and in some cases loves also ?

**FACT :** Women usually are Non-Violent by Nature & Insecure about Size & Strength

- Most women are insecure about their size, strength & fitness level, they don't want to fight with a bigger, stronger man.

**FACT :** Under the Stress of the Threat, Victims will Freeze & Panic in Fear

- Criminals use shock, surprise to convert fear into panic, fear can only be over come with knowledge.



# Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop

We focus on Diffuse, Prevent, Avoid & Escape



**Harassment**



**Sexual Abuse**



**Child Safety**



**Kidnapping**



**Robbery**



**Fear & Panic**



**Violence**



**Eve-Teasing**



**Acid Attacks**



**Rape**



**Groping**



**Molestation**

**Pro-Active  
Safety Awareness**



**Handle Fear under  
Stress of the attack**



**Diffuse the situation  
not escalation**



# TOC - Basic & Advance Power to Women & Krav Maga Self Defense



Psychological Analysis of Crime

Krav Maga Israeli Self Defense

Diffuse threats by Known people

Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop



# TOC - Basic & Advance Power to Women & Krav Maga Self Defense



Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
**BETTER THAN**  
**PEPPER SPRAY**



**Ninja Kubaton Self Defense Tool**

**Attack your Panic/Surprise/Fear**

**Insecurity of Size, Strength, Fitne**

**Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop**



# TOC - Basic & Advance Power to Women & Krav Maga Self Defense



Mother Guide on Kids Safety

Video Crime Sequence Analysis

Anti-Robbery Self Defense

**Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop**



# TOC - Basic & Advance Power to Women & Krav Maga Self Defense



Franklin Joseph Power to Women Workshops

Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



Women Workshops

Franklin Joseph Power to Women Workshops



Franklin Joseph Power to Women Workshops

**Ground Assault Fighting Tactics**

**Anti-Fear / Panic Control Tactics**

**Bus Krav Maga Self Defense**

**Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop**



# TOC - Basic & Advance Power to Women & Krav Maga Self Defense



Franklin Joseph Power to Women Workshop

Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY



to Women Workshops

Franklin Joseph Power to Women Workshops



Franklin Joseph Power to Women Workshops

**Anti-Kidnap Krav Maga Tactics**

**Multiple Krav Maga Self Defense**

**Daily Object Krav Maga Defense**

**Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop**



# TOC - Basic & Advance Power to Women & Krav Maga Self Defense



Franklin Joseph Power to Women Workshop



to Women Workshops

Franklin Joseph Power to Women Workshops



Franklin Joseph Power to Women Workshops

Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**  
BETTER THAN  
PEPPER SPRAY

**Anti-Shock Krav Maga Drills**

**Chain Krav Maga Self Defense**

**Surprise Stress Attack Mngmt.**

**Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop**



# TOC - Basic & Advance Power to Women & Krav Maga Self Defense



Franklin Joseph Power to Women Workshops



Power to Women Workshops

Franklin Joseph Power to Women Workshops



Franklin Joseph Power to Women Workshops

Rs 580 pp

**ADD GIFT**  
**NINJA KUBATON**

**Power to Women** BETTER THAN  
PEPPER SPRAY

Verbal Diffusion Techniques

Groping / Eve-Teasing Defense

Harassment Diffusion Tactics

**Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop**



# TOC - Basic & Advance Power to Women & Krav Maga Self Defense



In / Around Car Techniques

Personalized Safety Solutions

Real Life Scenario Drills

**Franklin Joseph 'Dr. Safety' POWER TO WOMEN Workshop**