

**B.E.A.R Self Preservation Systems**  
**Introductory and Foundational**  
**Seminar Package**

Course Descriptions, Schedule, and Overview Packet



25461 Alicia Pkwy, Suite B,  
Laguna Hills, CA, 92653

Bearsps.com  
[Info@bearsps.com](mailto:Info@bearsps.com)  
(949) 215-8999

## **Table of Contents**

Program Overview description and Instructors ..... 3

Seminar Course Schedule and Registration..... 4 - 5

Introductory Seminars..... 6

- Introductory Self Preservation Tactics..... 6
- Environmental & Situational Awareness Theory & Tactics... 6-7

Foundational Seminars..... 7 - 8

- Foundational Self Preservation Striking..... 7
- Foundational Self Preservation Weapons of Opportunity.. 7 - 8
- Foundational Self Preservation Grappling & Groundwork.. 8-9
- Foundational Close Quarter Combat (CQC) Scenarios..... 9

No matter if you are in the military, law enforcement, an experienced martial artist, or a private citizen, BEAR Self Preservation Systems (SPS) offers the very best in state of the art Reality Based Self Defense Training to suit your needs!

BEAR SPS is composed of quality instructors from a variety of different backgrounds including Professional Martial Arts Instruction, National Level Competition, Health and Exercise Science, Professional Security, Military Instruction, and Corporate Training Services. Our Instructors' training and experience give them a strong understanding on how to educate students on fundamental and advanced techniques and tactics alike.

We host a wide variety of both weekly classes and Seminar Courses on "Self Preservation" or Reality Based Self Defense. These courses include both conventional and unconventional forms of striking, Reality Based Self Defense grappling and groundwork , blunt force and edged weapon skills, environmental and situational awareness theory and tactics, and Reality Based "Live" Energy Scenarios . All of our courses encompass a 3- dimensional training philosophy that accounts for the psychological, emotional, and physiological components of unpredictable situations. So no matter what your training level is, BEAR SPS has a program to fit your needs and expertise.

## **Instructors**

### **Master Kenny Ault**



Master Kenny Ault has over 25 years of experience in martial arts. He is the founder of BEAR SPS and has trained with some of the most prestigious martial artists in the state, military personnel, and law enforcement trainers. With over 17 years of martial arts, fitness and Reality Based Self Defense Instruction, Master Kenny Ault has a deep understanding of the physiological, psychological, and emotional components of Reality Based Self Defense. He has been involved in military close quarter combative (CQC) Training programs, Tactical Scenario Creation, and Psychology of Situational Awareness training courses. He is a Professional Martial Arts Instructor, NRA Certified Pistol and Firearm Instructor, and a National Level Martial Arts Competitor. He has a passion to

help provide you with the tools you need to effectively and efficiently predict, prevent, and protect yourself from unpredictable violence. Master Kenny Ault is committed to fostering a positive and supportive learning environment and can help tailor the program to fit your needs no matter your experience level.

### **Mr. Matthew Zidbeck**

Matthew Zidbeck has a collective 14 years of experience in various martial arts, is a National Level Competitor, and obtained his Bachelors of Science in Health and Exercise Science from Colorado State University. He has conducted fitness classes, martial arts classes, personal training, and Reality Based Self Defense courses with populations including children, adults, and professional athletes. His teaching and programs uphold the principle that being "Well" means being healthy and safe in all facets of life including the physical, mental, and emotional states.



## **Seminar Course Schedule and Registration**

 <b>BEAR SPS Self Preservation Systems</b> 				
<b>Seminar Training Schedule April - September 2022</b>				
Register at: <a href="mailto:info@bearsps.com">info@bearsps.com</a> * 949-215-8999 * <a href="http://Bearsps.com">Bearsps.com</a>				
Date	Day	Time	Course	Included in Package
4/9/2022	Saturday	2:30PM - 4:00PM	Foundational Striking	*
4/23/2022	Saturday	2:00PM -3:30PM	Foundational Weapons of Opportunity	*
5/14/2022	Saturday	2:00PM -3:30PM	Introductory Self Preservation Tactics	*
5/21/2022	Saturday	12:30PM -2:00PM	Environmental & Situational Awareness	*
5/21/2022	Saturday	2:30PM - 4:00PM	Foundational Grappling & Groundwork	*
6/11/2022	Saturday	12:30PM -2:00PM	Foundational Striking	*
6/11/2022	Saturday	2:30PM - 4:00PM	Foundational Weapons of Opportunity	*
6/12/2022	Sunday	2:00PM - 3:30PM	Foundational Grappling & Groundwork	*
6/18/2022	Saturday	12:30PM - 4:00PM	Foundational CQC Scenarios	*
7/9/2022	Saturday	2:00PM - 3:30PM	College Preparedness 1	
7/16/2022	Saturday	12:30PM -2:00PM	Introductory Self Preservation Tactics	*
7/16/2022	Saturday	2:30PM - 4:00PM	Foundational Grappling & Groundwork	*
7/17/2022	Sunday	2:00PM -3:30PM	College Preparedness 2	
7/30/2022	Saturday	2:00PM -3:30PM	Foundational Striking	*
8/6/2022	Saturday	2:00PM -3:30PM	College Preparedness 3	*
8/20/2022	Saturday	12:30PM -2:00PM	Introductory Self Preservation Tactics	*
8/20/2022	Saturday	2:30PM - 4:00PM	Foundational Weapons of	*

			Opportunity	
8/21/2022	Sunday	12:30PM -2:00PM	Foundational Striking	*
8/21/2022	Sunday	2:30PM - 4:00PM	Foundational Grappling & Groundwork	*
9/3/2022	Saturday	12:30PM - 4:00PM	Foundational CQC Scenarios	*
9/17/2022	Saturday	2:00PM -3:30PM	Introductory Self Preservation Tactics	*

(\*) Denotes courses **ARE** included in our **BEAR SPS INTRODUCTORY & FOUNDATIONAL SEMINAR PACKAGE**. Advance registration is REQUIRED. Please see registration details below. **CANCELLATIONS & CHANGES** require a 3-Day advance notice to transfer your roster position to another course. **"NO SHOWS"** will result in a full credit of the reserved course.

COURSE REGISTRATION IS COMPLETED AT: 949-215-8999 or info@bearsps.com  
***\*If you have a BEAR SPS INTRODUCTORY & FOUNDATIONAL SEMINAR PACKAGE Membership DO NOT Register Online. Please Call or Email to register\****

### **Course Registration Details**

The possession of this **BEAR SPS INTRODUCTORY & FOUNDATIONAL SEMINAR PACKAGE** entitles you to 1 attendance in each of the following 6 Reality Based Self Defense Seminars:

- INTRODUCTORY SELF PRESERVATION TACTICS
- ENVIRONMENTAL & SITUATIONAL AWARENESS
- FOUNDATIONAL SELF PRESERVATION STRIKING
- FOUNDATIONAL SELF PRESERVATION GRAPPLING & GROUNDWORK
- FOUNDATIONAL SELF PRESERVATION WEAPONS OF OPPORTUNITY
- FOUNDATIONAL CLOSE QUARTER COMBAT (CQC) SCENARIOS

*\*Course Descriptions and details can be found in the following pages of this packet.\**

**COURSE REGISTRATION IS COMPLETED AT: 949-215-8999 \* info@bearsps.com**

## **Introductory Seminars**

***“Survival Favors the Prepared Mind.” - Robert Crowley***

### **Introductory Self Preservation Tactics Seminar**

Participants will experience introductory principles of empty hand striking combat, weapons based defense, grappling and groundwork concepts, pressure testing scenarios and introductory situational awareness psychology. Students will be more confident in their ability to defend and trust themselves should an unpredictable altercation arise.

#### **Overview:**

- Intro to Stance, Striking, and Movement/Footwork
- Striking on targets and raw motor skill striking development
- Distance management
- Boundary establishment
- Deescalation & Violence diffusion tactics.
- Reactionary Defensive drills
- Simulated “Live” Energy Offensive and Defensive Striking Scenarios
- Situational Awareness and Assessment Principles
- Foundational Close Quarter Combat (CQC)
- Fear Management
- Mental Conditioning
- Foundational Environmental and Weapons of Opportunity (WOO) principles.

### **Environmental & Situational Awareness Theory & Tactics**

This seminar focuses on developing skills to recognize threats and act accordingly in scenarios of personal, family, and home defense. Participants will understand principles, strategy, and tactics of empty hand, environmental, and weapon based defense. Students will leave this seminar with an improved ability to predict, plan for, and prevent a violent situation before it occurs whether they be at home, work, or out in their community.

#### **Overview**

- Foundational principles of Situational Awareness and Assessment
- Violence diffusion
- Psychodynamics of an Attacker
- Fear Management

- Mental Conditioning
- Biochemical Responses to Violence
- Environmental and Weapons of Opportunity (WOO) principles.
- Psychology of Intimidation
- Stages of Predatory Action
- Home & Family Defense Planning

## **Foundational Seminars**

***“If it’s predictable, it’s preventable” - Tony Blauer***

### **Foundational Self Preservation Striking Seminar**

This is not your typical Boxing Class! This course will develop both conventional and unconventional principles of empty hand striking, muscle memory, instinct reinforcement, and handling oneself in offensive and defensive tactics in Realistic Self Defense Scenarios.

#### **Overview:**

- Continuation of Stance, Striking, and Movement/Footwork
- Striking on targets
- Raw motor skill striking reinforcement
- Distance management
- Instinct and Muscle Memory Reinforcement
- Boundary establishment
- Deescalation & Violence diffusion tactics.
- Bursting Principles
- Simulated “Live” Energy Offensive and Defensive Striking Scenarios
- Situational Awareness and Assessment Principles
- Foundational Close Quarter Combat (CQC)
- Fear Management
- Mental Conditioning

### **Foundational Self Preservation Weapons of Opportunity Seminar**

Participants of this seminar will experience principles of how to utilize a weapon, defend, disarm, and subdue an armed attacker. Students will understand blunt force and edged weapon theory. They will also learn how to efficiently read and utilize their environment to their advantage when

under pressure. This course focuses on developing intuition, instinct, and confidence in one's ability to detect weapons of opportunity, deter violence, and defensively utilize a weapon.

**Overview:**

- Foundational Offensive and Defensive weapon Tactics
  - Weapon vs. Weapon
  - Empty Hand vs. Weapon
  - Weapon vs. Empty Hand
- Situational awareness and assessment
- Violence diffusion
- Distance management
- Close Quarter Combat principles
- Fear Management
- Mental Conditioning
- Weapons of Opportunity detection
- Weapon Attribute Recognition
- Blunt Force / Edged/ Projectile Weapon Theory
- Reality Based Pressure Testing Scenarios

***Foundational Self Preservation Grappling and Groundwork***

Attendees will experience principles of ground based combat, defense against a standing opponent, distance management, bursting principles, and how to identify and create escape points. This is not your average grappling class! This class focuses on ingraining proper skills, instincts, and muscle memory to protect yourself, should you find yourself in a violent altercation that is in close range or ends up on the ground.

**Overview:**

- Ground Based Positioning, Striking, and Movement
- Ground Based Defense
- Ground vs. Ground Combat Tactics
- Ground vs. Standup Combat Tactics
- Raw motor skill striking reinforcement
- Distance management from Ground
- Instinct and Muscle Memory Reinforcement
- Boundary Establishment
- Deescalation, Violence diffusion tactics, and Escape Point Recognition
- Bursting Principles
- Simulated "Live" Energy Offensive and Defensive Ambush Scenarios
- Situational Awareness and Assessment Principles



- Practical Submission/ Choke Defense and Escape Tactics
- Mental Conditioning

### Foundational Close Quarter Combat (CQC) Scenarios

This is the culmination of all the previous seminars! Students will be put to the test in controlled "Live" Energy Simulations of Real World Scenarios. During this course students will be forced to develop, work with, and utilize lifesaving striking, grappling, weapon skills, and instincts. Strong performance in this course will qualify you for BEAR SPS's Intermediate and Advanced level Self Preservation Courses.

#### **Overview:**

- Application of Positioning, Striking, and Movement
- Raw motor skill striking Application
- Distance management
- Instinct and Muscle Memory Reinforcement
- Verbal and Physical Boundary Establishment
- Deescalation, Violence diffusion tactics, and Escape Point Recognition
- Bursting Principles
- Simulated "Live" Energy Offensive and Defensive Ambush Scenarios
- Situational Awareness and Assessment Principles
- Application of Submission/ Choke Defense and Escape Tactics
- Mental Conditioning
- FEAR Management