

CrossFit Defense

in 137 Words

- CrossFit Defense is not a martial art course.
- Self-defense pre-dates every single martial art.
- CrossFit Defense develops awareness, mind-set, confidence and self-reliance.
- CrossFit Defense is about the community - any CrossFit athlete or a L1 Coach, can attend this course. It will make everyone tougher, safer, smarter.
- Like CrossFit itself, our Defense course uses movements that are *“elemental and fundamental to your survival”* so that you truly are *“prepared of the unknown and the unknowable”*.
- We utilize the power, speed and intensity that CrossFit develops, and teach participants how to strategically convert common CrossFit movements into defensive and protective tactics.
- The most important weapon you possess is your mind - we will sharpen it.
- The ability to protect yourself or a loved one is inarguably the single most important skill you hope you'll never need.



WATCH

1. [The Student Experience in the CrossFit Defense Trainer Course](#)
2. [Losing More Than a Fight](#)

READ

1. [10 Shots at Tony Blauer](#)
2. [Applied Fitness: CrossFit Defense](#)