



# VALKYRIE WESTERN MARTIAL ARTS ASSEMBLY

## BAR & RESTAURANT PERSONAL SAFETY TRAINING

Valkyrie Western Martial Arts Assembly is a Vancouver-based school of boxing, wrestling, and fencing. We are committed to accessibility and diversity, and consider practical self-defense training to be one of the cornerstones of personal development, empowerment, and safety for all people. Our lead instructors have over 30 years of combined teaching experience, including self-defense and de-escalation training with security guards, police agencies, and vulnerable civilian populations. Our teaching is focused on giving students concrete, simple tools and the understanding and psychological preparation that they need to apply them effectively, and deal with the aftermath. We have experience designing and delivering courses for gender- and background-specific groups, and are happy to work with you to deliver a self-defense class that suits your precise needs.

We're pleased to offer a range of courses aimed specifically at front-line employees working in food and alcohol service. Contact us today and take the first step towards greater safety, adaptability, and confidence on the job!

## COURSE OFFERINGS

### INTRODUCTION TO OBSERVATION & DE-ESCALATION

*1-hour Group Presentation*  
\$300

**Instructors:** David Packer, Courtney Rice, Kaja Sadowski

Give your staff the skills and language to help identify, discuss, and manage potentially dangerous people and situations. We will include an overview of behavioural pattern recognition and awareness as well as a brief walkthrough of verbal and non-violent physical de-escalation techniques. All attendees will receive printable, easy-to-read presentation notes and references for further reading.

This presentation is ideal for groups of 5-100 people.

#### COURSE OUTLINE

- Understanding violence dynamics (10 min)
- Decision making (10 min)
- Pattern recognition and awareness (25 min)
- De-escalation (15 min)

If requested by employer, there will be a short quiz given to each student at the end of the presentation.

# OBSERVATION & DE-ESCALATION FOR FOODSERVICE

*2-hour Interactive Workshop*

\$80/person

**Instructors:** David Packer, Courtney Rice, Kaja Sadowski

Give your staff the skills and language to help identify, discuss, and manage potentially dangerous people and situations. We will include an overview of behavioural pattern recognition and awareness as well as a brief walkthrough of the Canadian laws for Defense of Person and Defense of Property. Students will practise our core verbal and non-violent physical techniques in partnered drills and mini-scenarios based on events typically encountered when working at a bar or restaurant.

All attendees will receive printable, easy-to-read presentation notes and references for further reading.

This workshop is designed for groups of 5-20 people.

## COURSE OUTLINE

- Legal framework overview (15 min)
- Understanding violence dynamics (10 min)
- Decision making (10 min)
- Pattern recognition and awareness (45 min)
- De-escalation and mini-scenarios (40 min)

If requested by employer, there will be a short quiz given to each student at the end of the workshop.

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# PRACTICAL SELF DEFENSE FOR FOODSERVICE

*8-hour Interactive Workshop*

\$200/person

**Instructors:** David Packer, Courtney Rice, Kaja Sadowski

Take a deep dive into the many sides of effective self-defense, including legal rights in Canada, identifying potentially dangerous people and situations, decision-making, de-escalation techniques, and physical defense techniques. With a focus on staying safe at work, we will touch on situations from the mundane to the potentially life-threatening.

Students have the opportunity to participate in scenarios to practise their new skills in a realistic context. All attendees will receive comprehensive written notes, references, and tailored suggestions for follow-up training.

This workshop is designed for groups of 4-12 people. It can be broken down into two 4-hour days or four 2-hour days.

## COURSE OUTLINE:

- Legal framework overview (15 min)
- Understanding violence dynamics (20 min)
- Decision making (20 min)
- Pattern recognition and awareness (90 min)
- De-escalation and mini-scenarios (60 min)
- Homework show & tell (20 min)
- Use of Force framework (10 min)
- Physical technique demonstration and practice (60 min)
- Scenarios (2 hours)

If requested by employer, there will be a pass/fail designation given to each student based on performance in the final scenarios.

