



# **TAKE CONTROL** *Self-Defense*

**Physical, Mental & Spiritual Empowerment Training**

**Keynotes**

**Half-Day Workshops**

**Full Day Seminars**

**Training Videos & CD ROMs**

*A woman's place...*



# ... *is in* **CONTROL!**

With the perfect blend of passion, seriousness and humor, Mike Hayashi provides the most powerful programs on personal security available today!

## *Personal Protection Seminars*

### Take CONTROL!

Designed for men and women, this program explores the fundamental principles of effective personal protection. Beyond common sense, you will learn what it really takes to win in a high risk situation or confrontation.

### A Woman's Place is in CONTROL!

Designed specifically for women, this program goes beyond the fundamental principles to explain how to handle sexual assault situations. With the epidemic of violent crime against women, this has been the most popular Take Control Self-Defense program.

### Senior Safety Strategies

Older Americans have increasingly become targets of criminals. This program explores their concerns and provides training tailored to fit their needs.

### ESP (Executive Self Protection)

No other group has greater security concerns than senior executives and other high profile business people. This program covers travel security, terrorism, kidnapping and hostage situations. Due to the extensive nature of the material, the minimum program is 4 hours.

### How to Travel... In CONTROL

Security and self-defense for the traveling professional. Core material plus special protective measures for people who frequently find themselves in unfamiliar territory.

Discounts are available for repeat clients, multiple bookings, nonprofit groups, churches, schools and fundraising events.

## *Business Programs*

### Black Belt Business Habits

Entertaining session encapsulating ageless, simple, Asian-based principles and habits that increase discipline, stamina, performance and "The Bottom Line."

### Go For It... And Be Glad You Did

Inspiration for peak performance in relationships, career, health, fitness and finances. A light and humorous look at the "thrill of victory" and the "agony of defeat" that we have all faced; a practical formula for winning against our worst enemy—ourselves!

### The "KI" to Powerful Results

The source of unlimited success comes from within! This session examines Japanese Ki, or "Inner Strength," and how to use your "3 Centers" to perform under stress and increase professional productivity.

## *Because you're worth fighting for...*

These products expand upon Take Control Self-Defense programs, and they can provide training to enhance or take the place of an in-person seminar:



### Stun & Run Interactive CD-ROM

Easy-to-learn, practical self-defense, this CD-ROM contains over 20 minutes of video clips and 600 safety tips, psychological techniques, animated attacks, awareness/reactions, and physical self-defense movements and combinations—all key to being safer in an increasingly violent world.

### 60-Minute Control System Self-Protection Video

This high quality production contains more material than could be shared in a 6-hour live seminar and gives viewers the techniques and confidence to successfully avoid confrontations or defend themselves.



## *Mike Hayashi, M.Ed.*

Corporate America's Personal Security Trainer and Consultant since 1986, Mike Hayashi has delivered his powerful seminars to over 350,000 men and women at 250 universities, associations and Fortune 500 companies. Mike holds a Masters in Ed., a 5th Degree Black Belt in karate and has authored articles, videos, and an interactive CD-ROM. He has appeared on TV & radio 250 times in 20 states and was nominated for an Emmy Award.

Mike addresses the most important aspects of how to stay safe and the psychology to handle confrontations successfully. Additionally, Mike teaches participants how to develop the "winning" mindset, how to control fear and panic, and practical, effective, physical skills.

### **A Partial List of Mike's Clients:**

AAA	Highway Patrol
AARP	Humana
American Airlines	IBM
America West Airlines	Kemper Financial
Apple Computer, Inc.	Mary Kay
AT&T	Mayo Clinic
Avis	Motorola
Bank of America	Pepsi
Blue Cross/Blue Shield	Phelps Dodge
Chase Bank	The Ritz-Carlton
Coldwell Banker	University of Hawaii
Fox TV	Weight Watchers
Greyhound	YWCA

*In a Take Control Self-Defense workshop, your attendees will learn:*

### **Realistic Executive Security**

Bottom line concepts and self tests for potential risks at work or at home

### **Critical Attitudes/Positive Self Image**

Drills to solidify the fact that attitude determines our actions and self image directs our actions

### **Powerful Non-Verbal Communication**

Techniques to change signals unconsciously sent or (not) sent out to predators

### **Three Centers of Self-Based Security**

High impact exercise to get insight into the physical, mental and emotional sides of real world self-protection

### **Working with Fear and Panic in Crisis**

Steps to harmonize with extreme fear and action-based solutions to assess, think, plan and effectively act — instead of react

### **Physical Survivor Tools & Techniques**

Beyond Karate 101 — simple, yet devastating releases, blocks, strikes and counterattacks to common scenarios; The number of techniques reviewed is dependent on the time allotted for the sessions

*Benefits of a Take Control Self-Defense workshop to your organization:*

- ▲ Keep your people safer from violent crime so they can show up for work
- ▲ Programs honestly address the #1 hottest topic and concern in America today
- ▲ Instills new confidence, increases total productivity and decreases stress
- ▲ Prepares all participants with strategies to handle crisis and emergencies
- ▲ Shows great appreciation to personnel in a powerful, entertaining event
- ▲ Empowers and inspires every audience to increase sponsor loyalty

**TAKE CONTROL**  
*Self-Defense*

To learn more and to schedule a seminar, please call:

**(480) 221-0044**

More detailed information and self-defense tips are available at:

[www.TakeControlSelfDefense.com](http://www.TakeControlSelfDefense.com)

## *Rave Reviews*

"Incredible! A lottery was needed to handle the requests ... Some of the words used to describe their experiences were: excellent, motivating, exciting, informative, and exhilarating. This is a program that all women everywhere could benefit from."

**Pat Mancini, VP Human Resources  
Blue Cross/Blue Shield of Arizona**

"Your presentations, which were dynamic with appropriate humor, upheld our standard of quality and professionalism. I received compliments from all the employees, both men and women, with many requests to bring you back for more."

**J. Jae Fells, Manager, Security Dept.  
Motorola Inc.**

"After one class the word at Chase spread and my phone did not stop ringing with requests for another seminar."

**Donna Marie Kwak, Senior V.P, Chase Bank**

"Circle K accomplished several things through having on-site workshops: we are better able to ensure the safety of our female employees; boost morale; and improve the perception of the Employee Benefits Department among the employees."

**Lisa E. Savage, V.P. of Emp. Benefits  
The Circle K Corporation**

"We received more than I ever expected."

**Linda Fischette, Regional Area Supervisor  
Apple Computer, Inc.**

"Absolutely the best program we sponsored this year."

**Larry Hibler, V.P., Russ Lyon Realty**

"Absolutely anyone contemplating enhancing security in either personal or workplace encounters would benefit immensely from Mr. Hayashi's insights."

**Richard A. Bowers, City Manager  
City of Scottsdale, Arizona**

"The 400 women who attended your seminar found your high energy teaching style timely, informative, humorous and entertaining and want you back as soon as possible."

**Lorie Valle, Director's Office  
Lawrence Livermore National Laboratory**

"You're an asset to any community. Keep up the good work."

**Teri Quesnell, P.R. Chair  
Samaritan Hospitals**

"All of the team members' feedback was remarkable."

**John Replogle, V.P.  
Phelps Dodge Corp.**

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**Scottsdale, Arizona**

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