

WHY CHOOSE TOTAL

Our Total Team provides a safe and trusting environment, positive role models and utilizes a teaching style that focuses on individual differences and empowerment.

Total Defense offers a progressive curriculum complimenting the Ontario High School Curriculum, delivering expectations across all 4 strands:

Physical Activity, Active Living, Healthy Living and Living Skills.

Established in 1998, Total Defense has a proven track record!

All Total Defense Instructors and staff are hired on the basis of the Toronto Police Service Reference Check Program.

WE ARE NOT MARTIAL ARTS

Total Defense is not a “fighting system.”

We are a self-defense program which has a different and much broader focus designed to improve the personal safety of girls and women and be relevant to their individual daily lives.



HOW TO CONTACT US



Total Defense Inc.
P.O. Box 145, Station C
Toronto, Ontario
M6J 3M9



905.953.7097



totaldefense@sympatico.ca



www.totaldefenseinc.com



www.totaldefenseinc.blogspot.com



TOTAL DEFENSE



Self-Defense Specialists



Self-Defense Programs For Secondary Schools

Offering a comprehensive and progressive curriculum focusing on:

- **PREVENTION**
- **PROTECTION**
- **PERSONAL SAFETY**

WELCOME TO TOTAL DEFENSE

Established in 1998, we are a company committed to the delivery of safe, fun and informative self-defense programs for girls and women.

Over the course of one year, we teach more than 3000 students from different cultural, racial and linguistic backgrounds.

Through our passion, vision and expertise, we are able to customize unique self-defense programs designed specifically to meet the needs of our clients.

We welcome you to experience the excitement and satisfaction when you partner with Total Defense.

MEET OUR TOTAL TEAM



Carol Connor
President, Master Instructor

2nd Degree Black Belt, Taekwondo
Travel Marshal, America In Defense
Instructor, Rape Aggression Defense

Instructor, Police Defensive Tactics
Instructor, Level 3 Weapons Defense, C.D.T. International
Instructor, Phase 2 Women's Commando Krav Maga
Graduate, Toronto Civilian Police College
Diploma, Recreation Leadership, Conestoga College



Sandra McNash B.Sc. M.Ed.
Co-Founder, Education Consultant

B.Sc. Southern Illinois University
M.Ed. University of Missouri
Instructor, Stephens College U.S.A.
Lecturer, McMaster University
Department Head PHE Canada and U.S.A.
Founder, Academic Program For Gifted Athletes (APGA)



Tanya Tomlin. B.A.
Instructor, Fitness Consultant

B.A. in English University of Toronto
Self-Defense Instructor, Total Defense Inc.
Personal Training Specialist, Can Fit Pro
Body Combat Team Leader, GoodLife Fitness

PROGRAM FEATURES

SAFETY: Safe, high energy warm up and stretch prepare the body for activity without injury.

FOCUS: Lifesaving, physical and verbal self-defense skills focusing on prevention, protection and personal safety.

SKILLS: Easy-to-remember skills and techniques focus on the attacker's weakest points.

TEACHING AIDS: Maximum quantities of equipment are provided for maximum and safe participation for practice sessions.

TRAINING: Progressive Total Defense training is crucial in making defensive skills instinctive rather than an after thought.

EVALUATION: A Written Test is administered and marked by Total Defense Instructor.

PRACTICE IN RESPONSE: Role play demonstrates defensive skills.

CERTIFICATION: Participants receive a certificate of participation.



Molly

Head of Security, Total Defense Headquarters

PROGRAM OPTIONS

Our BASIC, INTERMEDIATE and ADVANCED programs are a fusion of awareness, prevention and physical self protection techniques.



Each level offers high energy, participatory "hands on" techniques designed to focus on empowerment, street-wise attitudes and effective verbal self-defense strategies.



TOTAL BOOT CAMP® **FULL BODY WORKOUT**

A challenging integrated full body cardio workout combining self-defense techniques, cardio strength training, agility exercises and circuit training. This cross disciplinary approach is a perfect program for FITNESS, CO-ED and BOYS classes.



PROGRAM DELIVERY

All programs consist of 5 lessons delivered during physical education class times in a gym or other appropriate venue.

A variety of WORKSHOPS, SEMINARS and "IN HOUSE" FIELD TRIPS can also be arranged.