



By

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60 Seconds

Every person who has ever been attacked had a period of 60 seconds prior to that attack. We have developed specific safety measures everyone can take that will increase the potential of avoiding an attack.

5 Seconds

The first five seconds of an attack are the most important. If you can escape within that timeframe, the chances of your being injured (or worse) are lower than attacks that continue longer than 5 seconds. We have developed specific safety measures everyone can take that will increase the potential of escaping from an attack within the first 5 seconds.

2 Seconds

The specific safety measures we have developed are based on responding effectively and efficiently within the first 2 seconds of an attack. A self-defense response that takes no more than 2 seconds raises the probability of escaping within the 5-second timeframe (see above).

If you would like more information about Grace Martial Arts classes in your area, contact Senior Instructor Mark McGee at gracemartialarts1@gmail.com.

Saved and Safe!

“Watch, stand fast in the faith, be brave, be strong.

Let all that you do be done with love.”

1 Corinthians 16:13-14

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