

## **Blazej Karubin-Facebook Post**

**Who is my target?**-Parents with children 5-11 years old

**Where are they now?**- the last copy I sent was about the general self defence aspect of the service. I wrote about how far they are willing to go for their child's safety, and try to ignite the desire to want to keep their children safe.

**What actions do I want them to take at the end of my copy?**- I want them to sign their kids up for weekly self defence training.

**What must they experience inside of my copy to go from where they are now to taking the action I want them to take?**- They need to experience the parent's feelings for their child to be in the best position in life as possible. So stop wasting time on passive activities, be active, confident, know how to defend themselves, be safe.

**Weakness** - Im still getting the hang of sparking curiosity  
- I need to improve the flow in my writing

**MY 100 push ups**

<https://rumble.com/v43n5y8-100-push-ups.html>

**The copy**

**Subject Line:**👁️👁️The Overlooked Quality in Children's Self Defence👁️👁️

The kid who is able to defend themselves doesn't settle on only mustering new self defence skills.

What puts them in such a position is their fitness, their ability to run and escape as fast as possible.

That's why as a part of our Krav Maga training we like to break a sweat.

Challenge the children's fitness so we can take the best out of them and prepare them as best as possible.

If you want the feeling of security for your child and have them be in superior shape.

We invite them into our Krav Maga program ([link](#))

Where we deliver the most profound self defence skills and challenge them physically for optimal results.