

Here is the ad I will be running on Instagram once the client has auto replies set up.

“Did you know it only takes 10 seconds to pass out from someone choking you?

Your brain goes into panic mode the moment someone grabs your throat, making it hard to think....

Using the wrong moves while fighting back could make it worse.

Learn the proper way to get out of a choke with this free video.

Don't become a victim, click here. “



Response email when someone clicks on the ad and submits their email.

As promised here is the video of the proper way to get out of a choke.

{video}

Want to give it a try? Click here to sign up for classes. www.warriorwithingroup.com

Empower yourself with effective self-defense.

Feel confident walking down the street knowing you can take care of yourself if you need to.

Don't think you are strong enough? Tough enough? Too out of shape?

It doesn't matter where you start from, building strength and fitness is part of the learning process.

Getting started is the hardest part, we make it easy with your first class being free. Come try it out before paying a dime.

You have nothing to lose, and everything to gain.