



**SMART  
DEFENSE**  
— MEN —



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**EMPOWER.**  
**BUILD.**  
**DEFEND.**

Smart Defense for Men is a self-defense training program designed to increase bystander awareness and intervention. Guided by trained professionals, Smart Defense for Men combines three martial arts—Krav Maga, Muay Thai, and Brazilian Jiu Jitsu—for a strength-based approach that educates and empowers men with the tools to protect their lives and families, to build stronger and safer communities, and to end the cycle of abuse.

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