



SMART DEFENSE

— MEN —



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.

SIGN UP at www.elizabethsmartfoundation.org/smart-defense-for-men
CONTACT US at smartdefense@elizabethsmartfoundation.org