

www.DefenseinHeels.com

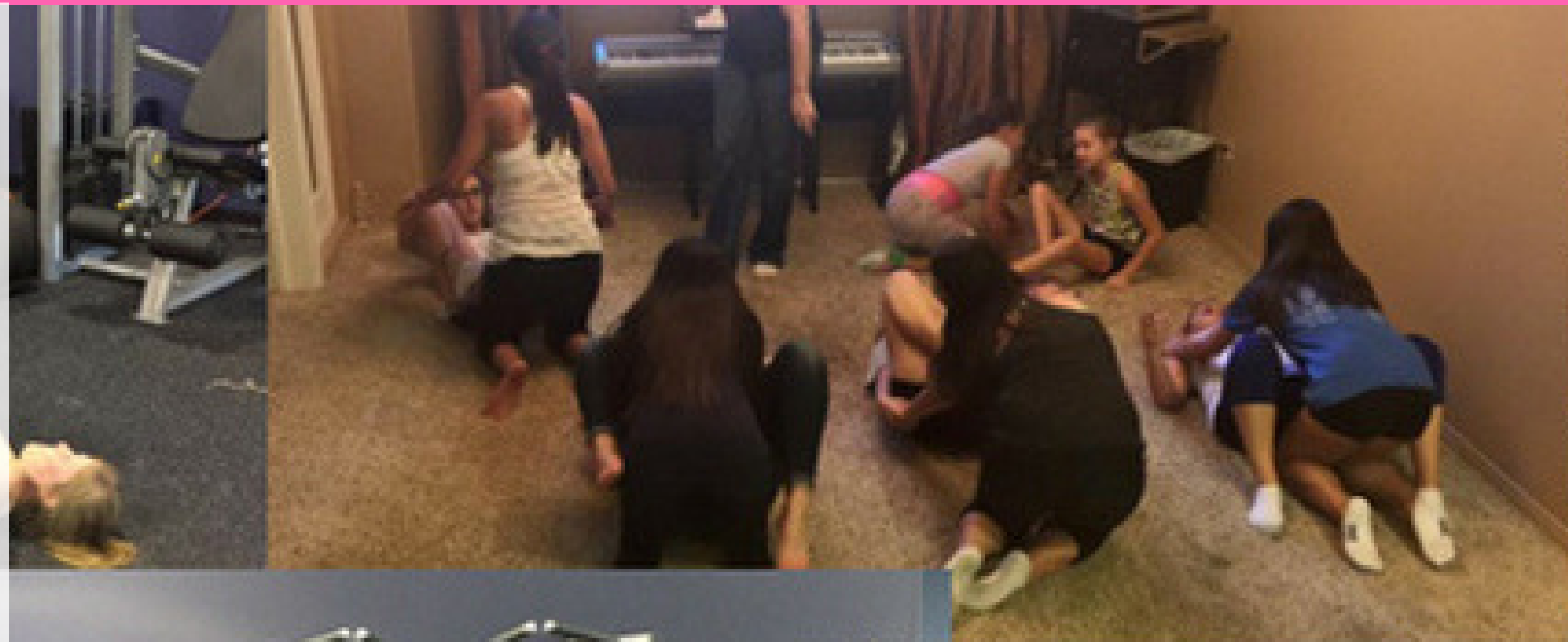


Defense in Heels



Media Kit

If you are looking for hands-on self-defense by women, for women, these are the classes for you!



Not only will you walk away with the best knowledge in the industry, but you will also walk away with the confidence to take on the world!



- Meet Patti -

Safety Expert, Self-Defense Instructor, Speaker, Writer and more!

This internationally certified self-defense instructor teaches women how to defend themselves, even in 6-inch heels! Patti is also a successful blogger, former pageant queen, and public speaking expert, who volunteers for the military on various projects.

Patti is a safety expert and certified in such disciplines as Realtor safety, R.A.D., Master Instructor in Less than Lethal items, Girls on Guard, Jane Jitsu, Defense against Weapons, and many more. Not to mention Patti is also an Internationally certified Crime Prevention Specialist.

Patti Stewart's mission is simple: to change the crime stats, one person at a time.



- Self Defense Classes -

Defense in Heels offers a variety of classes to students, teaching the basics of self-defense. Classes include:

Group Classes

Private Group Classes

Kids Self-Defense Classes

"Parent and Me" Classes

Girl Scout Classes

Warrior Workshop

Women's Self-Defense

Jane Jitsu Self-Defense

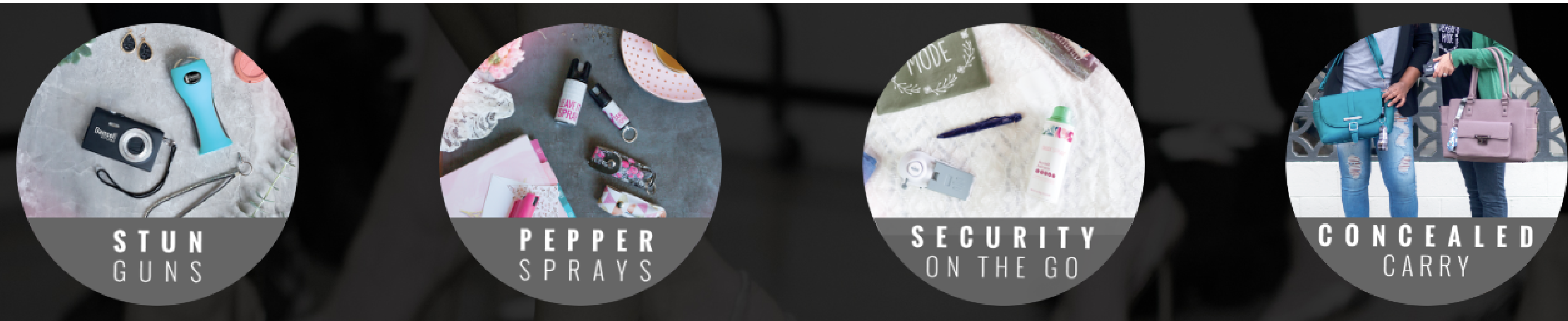
Defense in Heels Classes

Realtor Safety Classes (Earn CE credits)

Classes are also available for business', including a mini self-defense workshop for employees or office situational awareness class for your staff.



- Patti's Endorsed Products -



Beyond teaching women to defend themselves in real life situations, Patti is an Independent Diamond Director with Damsel in Defense; offering must-have products for any lady on-the-go to defend herself. From stun guns to pepper sprays, we both arm our students with defense moves and the tools they need to protect themselves.



- Defense in Heels TV -

Live every 3rd Monday of the month at 6:30 PM PST, the Defense in Heels show features Patti Stewart and Danny Vegas.

The show has previously featured interviews with Steve Kardian of Kri Edholm of the Leadership Excursion Company, self-defense expert Steven Kardian, and more.





GET IN TOUCH

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www.DefenseinHeels.com

**Patti is the
License
holder/Instructor
for Las Vegas**



Patti has been featured on....



and more...