

About the Presenter

Philip G. Ross, BGS, MAM, CPT

Creator of *S.A.V.E.*™ the unique Self Defense and Fitness Program. The techniques and methodology employed were developed by Philip G. Ross, based on his more than 35 years of experience in the martial arts, fitness and security fields.

- Martial Arts Master - 7th Degree Black Belt
- National Champion
- US Navy SEALs Trainer
- UFC Fight Trainer
- RKC Level 2 Kettlebell Instructor
- Hall of Fame Competitor and Instructor
- NJ Licensed Professional Manager & Trainer
- International Executive Protection Agent
- Certified Personal Trainer

Philip Ross

American Eagle Martial Arts Academy

500 Barnett Place

Ho-Ho-Kus, NJ 07423

1877.Be.Fit.SD www.philross.com



Phil Ross' Team Empowerment Workshops

- **Mental Preparation**
- **Awareness, Avoidance & Action**
- **Practical, Executable Strategies**



***Proper Preparation Prevents
Poor Performance***

www.philross.com 1877.Be.Fit.SD

Testimonials

I'm convinced our team is better prepared mentally and physically should they encounter any unsavory characters.

I would highly recommend Phil and his high energy session. It's not only fun but practical.

JF Brolley

Dir Organizational Development & Learning

Harley-Davidson Motor Company

Phil Ross is an excellent martial artist and instructor. I highly recommend Phil Ross as an Instructor and give his SAVE program two fists up.

Sincerely,

Frank J. Shamrock

5 Time UFC World Champion

The SAVE system offers practical self-defense techniques which are very easy to use in the event one needs to defend themselves. Thank you for offering a practical and easy to use self defense system for corporate America.

Charles Avakian

Vice President, North America

Lore International Institute

Fact:

The better physical condition a person is in, the better they feel about themselves. A fit employee with a positive mental attitude is less likely to engage in workplace confrontations, take less sick days, be a more productive and positive asset in any work environment.

Victory Favors the Prepared!

Whether you find yourself in a boardroom, a battlefield or a back alley, the axiom is consistent.

Subjects Addressed

- Meditation & Mental Preparation
- Predictive Encounters - S.I.P.D.E.
- Teaming Skills
- Confrontation Resolution
- Development of "IT" – Instinctive Technique
- Positive Stress Reduction
- The Personal Empowerment
- Defensive Tactics - The "3 A's"
- Increased Fitness Levels
- Heightened Awareness
- Unconventional Weapons
- Elevated Esteem Levels

Available Programs

S.A.V.E.™ Lec/Dem 1 hour

- Lecture & Demonstration. Concept Introduction.

S.A.V.E.™ Introductory 3 hour Workshop

-Geared toward groups of 10 to 100 Participants

S.A.V.E.™ Certification 6 hour Leadership Course

- Designed for Management - "Teach the Teacher"