

Finally the Missing Piece in Personal Safety!

Attention all Parents and Educators,

I just watched "The Bao Way" Essential Video series and I was greatly encouraged. I have worked in the field of Sexual Abuse Prevention for 5 years, and during that time I have developed programs that are designed to create awareness among women, children and teens concerning ways to reduce their risk of victimization. These programs educate participants concerning their legal rights, empower them to avoid unsafe situations and encourage them to get help if needed, but that is where they stop. Over the years, I have realized that there was a missing piece in the personal safety package. I did not have anything to offer a participant concerning what to do, when the assault can not be avoided. The self-defense programs that were available were either disjointed from prevention training or limited as to when it was offered.

I found the Bao Way is a very effective tool that combines all aspects of personal safety in an entertaining and interactive way. Bao's "4 A's" bring together the important aspects of; Avoidance, Awareness, Assertiveness, and Action. This really presents an all in one package for participants. The DVD's are easy to understand and follow. They are professionally organized and well produced. What is even more amazing is that by learning the Bao Method, individual fitness is improved. This is just one of the additional perks to incorporating this program in your life.

I highly recommend this product and the theory behind it. The prevention methods are researched based and the problem solving is based

on real life situations. I believe the Bao Way can really provide the necessary skills in risk reduction and self-defense. These combined concepts I believe will restore confidence to those who have felt vulnerable and strength to those who have felt afraid.

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