

Protecting Yourself in Today's Society

**Want to learn to protect yourself and your loved ones?
Want your college-bound child to learn to protect themselves?
Want to take steps to empower yourself to NOT BE A VICTIM?**

We will cover

Situational Awareness

Threat De-Escalation

Threat Avoidance

Introduction to Self Defense Techniques

Join us - Limited Seating

Thursday night, November 11th at 7:00pm

West Lutheran High School

3350 Harbor Lane N.

Plymouth, MN 55447

For more information, contact nveach@westlutheran.net

About the Instructor:

Mike McKirahan is first and foremost a Husband, Father, and Christian. Mike has been involved in teaching and developing students in Firearms and Self-Defense for the past 12 years. Mike is certified in The Use of Force training disciplines of SPEAR and PPCT, Taser and ASP, during a 15-year career in Law Enforcement, Mike spent 9 years training officers and new recruits. Mike has trained Law Enforcement and civilian use of force and firearms from basic to advanced levels. Mike is certified as an NRA, GLOCK and SPPDDI Pistol and Rifle Instructor. Mike believes the best part of training and developing situational awareness is having the opportunity to immediately apply the skills learned to make yourself and others safer and more prepared.

