
Clients Say

I spent some time with Dan last weekend, and what I learned in ONE HOUR could save my life, if an unfortunate situation ever presents itself. Don't wait for something to happen before you invest in yourself and your safety! No matter your age, gender, fitness level, EVERYONE should know how to protect themselves! - Sarah S.

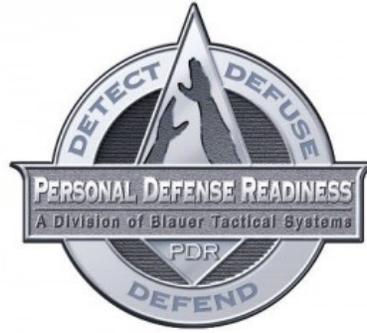
I just completed the self defense course. I learned so much in this intense interactive training. Coach Dan brought so much more awareness into my reality. We got to see first hand how application of these techniques is effective and possible. I was skeptical, but when I was playing the attacker role and my partner used the technique that Coach Dan taught, I ended up on the ground despite my best efforts. This was at the hands of someone smaller than me. This course could truly save your life. - Geri W

This class was professional, safe, and I learned a LOT. Dan was clear in his instructions and explanations, patient, and made something outside of my comfort zone, comfortable and educational. I feel more confident about being able to defend myself, and his class made me look at self-defense much differently than I had before. - Kammeron F.

BURGFitness
personal DEFENSE

www.burgfitness.com/pdr

Coach Dan (941) 544-2686



Our Coach

Led by 2nd Degree Black Belt and Blauer Tactical Systems Certified Personal Defense Readiness (PDR) coach, Dan Miller, the Burg Fitness Personal Defense™ program is a reality-based self-defense system, effective at preparing you for the real world. It's easy to learn regardless of your previous experience.

Unlike most self-defense systems that rely on strength, speed, and coordination, the techniques in the Burg Personal Defense program build upon the functional movements you're already performing at the Burg Fitness studio. You'll learn how to employ body position, technique, and timing, so regardless of age or athletic ability, you can make them work against larger opponents.

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What You Will Learn

- How you respond to danger in realistic training scenarios with a bad guy
- How to Detect and Defuse using language
- How to convert non-violent postures into a proactive attack
- How to manage fear and make decisions under duress
- How your primitive survival system acts faster than thought to protect you from danger
- How to use basic skills to defend yourself (discovering your #humanweapon)



Why Learn PDR™ ?

Being able to protect yourself and your loved ones is the single most important skill you can possess. If you experience a violent encounter, whether on the street, at home, or at work, what matters is how well prepared you are to manage your fear and take effective action to get to safety. You don't have to train for 30 years to defend yourself: your body's natural defense system provides all the tools you need and our **Personal Defense Readiness™** training will give you the mental and emotional preparation you need to avoid danger if you can and to defend yourself if necessary.

- **PDR** is **not** martial arts or combat sports – we prepare you for **violent encounters**
- **PDR** addresses what happens **before** an incident:
 - How to **Detect** and **Avoid** (situational awareness),
 - How to **Defuse** and **De-escalate** (non-violent posture and choice speech)
- **PDR** is effective, using simple, natural movements, not complex motor skills
- **PDR** is scientifically based on human behavior and psychology, human genetics and physiology

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