



*"Clap & Pull"*



*"Eye Gouge & Kick"*



*"Bite & Drum"*



*"Head Butt & Kick"*

# Children's Self Defense Training Video

# BREAK & RUN™ FOR KIDS

Spokesperson and retired FBI Special Agent, Jack Trimarco, firmly believes in mentally preparing children for safety. He has provided vital information gathered from his years of experience as a special agent and clearly outlines safety tips for children of all ages to remember.

Developed by two Senseis John Lipari and Rui Barreto, 'Break & Run for Kids' is a simple yet effective, self defense system devised to help children escape from potential attackers.

The 'Clap & Pull' technique, already in use at the F.B.I. Academy, is simplified for easy learning by children. While not instilling a false sense of security, we take the viewer through other effective moves to enable a child to escape a potential abductor.

The 'Break & Run' video is designed for parents to watch along with their children to help them remember and practice the moves. The repetition of the exercises, help drive home escape tatics, to be remembered at a time of stress.

Simple techniques, clearly shown along with our three children – Samantha who is familiar with the techniques and Kent & Alex who have never been exposed to the moves. These children learn along with the video and end up showing how it all works in a 're-enactment situation', where our instructors pose as potential abductors.

Break & Run for Kids, a must for anyone who cares about the safety of children.



Join Senseis **JOHN LIPARI** and **RUI BARRETO**(creators of the BREAK & RUN Self Defense Training program), along with **KENT**, **SAMANTHA** and **ALEX** as they teach kids basic, easy to learn, self defense techniques for children to use against potential abductors.

Spokesperson, **JACK TRIMARCO**, provides important safety tips to children. Mr. Trimarco is a former FBI special agent and a nationally recognized expert polygraph examiner who has appeared on many television programs such as ENTERTAINMENT TONIGHT, FOX NEWS and KTLA5 NEWS.



NTSC  
Running Time: 36min  
English

Subtitles Available  
Translation Available  
Made in USA

For more information: