



Rocky Mountain Self Defense

For Immediate Release

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### **New Self Defense Studio Opens in Littleton**

- (Littleton, Co) -Local Business opens Colorado's first Vanguard Krav Maga studio, Rocky Mountain Self Defense.

The newly opened studio, in the Columbine Plaza shopping center at 6707 W Ken Caryl Avenue, features a variety of courses for men, women, and children, of all ages and fitness levels.

Bridgett Comer, owner and operator of Rocky Mountain Self Defense, states she opened the business to aid in the reduction of rape and violence by teaching practical self-defense tools to utilize in a variety of life threatening situations.

"Statistically, in Colorado, 1 in 4 women will experience an assault in their lifetime and 1 in 17 men. I have a daughter of my own and for me that statistic is way too high. I want to help provide people with the skills they need to protect themselves against an attack," Comer said.

Vanguard Krav Maga (VKM) began development in 2009 with the purpose of designing a system that would be relevant to people here in the United States. The developers of Vanguard Krav Maga revised the curriculum to move away from sport, theory, and tradition to provide a simple and effective system that was tailored

to modern situations in the United States.

All new students receive a free 2-week trial of unlimited classes to give them a realistic and in depth look at this challenging self-defense system. Classes are held Monday thru Saturday at various times with special classes designed specifically for children, teens, and women.

“When I began training I knew I had found something so amazing that I needed to share. I felt empowered. I could protect myself. I can’t imagine not sharing that experience with others. That’s why I offer the first two weeks for free, everyone should have the essential tools, even if it’s not for them,” Comer said.

Comer had the privilege of training with one of the creators of Vanguard Krav Maga®, Master Instructor, Everest Pepper, in Santa Clara, California for over 5 years before she relocated to Colorado and decided to open her own VKM Studio.

“I’m so excited for all of this. My dream is coming true. My goal is to empower women to feel safe in any situation,” Comer said.

**ABOUT US:** Rocky Mountain Self Defense is Colorado’s first Vanguard Krav Maga licensee. It is our goal to provide our students with practical, real life self defense training that can be utilized by anyone, regardless of age, weight, or physical ability. We specialize in self defense for women and children and have integrated a fully functional fitness and nutrition program to offer a little something for everybody.

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