

## Self Defense App Reveals Practical Jiu Jitsu Techniques to Stop Bullying

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Pro Code Media introduces Self Defence Trainer for iOS. Brought to life by 30+ year trained mixed martial artist, Professor Robert LeRuyet, Self Defense Trainer intertwines Brazilian Jiu Jitsu with Combat Sambo. This fusion is regarded as a military grade Jiu Jitsu, and taught to elite military and police forces around the world. Get video demonstrations of the exact punches, throws, kicks, holds and strikes that can be used to take an assailant down in the 10 most encountered attack situations.

Vancouver, Canada - It's 2:30 a.m. and Jim is walking to his car after a night out at a local pub with a few college buddies. A block away from his car, a couple of older teens notice his slight stumbles. They mark him as easy robbery prey and begin an unprovoked attack. While many under the same circumstances would fight back, most would be either beaten into submission or worse. But according to the creators of MMA Street Fighter - Punch Self Defense Trainer app, there is a way for Jim not to become a helpless statistic.

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"These aren't your average UFC fight techniques. In fact, you probably won't see any of this on the next Ultimate Fighter Championship," said the creators of Self Defense Trainer. "Professor Robert LeRuyet teaches how to get out of real-life danger... which has nothing to do with the entertainment you see on television. While mixed martial arts moves are appropriate in the ring, they're definitely not as effective outside of it."

In the videos, LeRuyet covers how to deal with common attacks like the push, the headlock, the hay-maker and several other attacks. He shows users how to react quickly regardless of the time of day, weapons involved or surroundings. And it can all be learned within hours of getting the app.

### Language Support:

Self Defense Trainer supports English, Danish, Dutch, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish and Swedish languages.

### Device Requirements:

- \* iPhone, iPad, or iPod touch
- \* Requires iOS 4.0 or later
- \* Universal app optimized for display on all iOS devices
- \* 21.8 MB

### Pricing and Availability:

Self Defense Trainer - Martial Arts Jiu Jitsu 1.0 is free and available worldwide through the App Store in the Sports category. There is also an Android version available on Google Play.

### Street Combat Training:

<http://www.streetcombattraining.com>

### Self Defense Trainer 1.0:

<https://itunes.apple.com/app/self-defense-trainer-stop/id854575790>

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Download from Google Play:

<https://play.google.com/store/apps/details?id=com.procodemedia.SelfDefence>

Screenshot:

<http://a2.mzstatic.com/us/r1000/106/Purple/v4/b7/6f/8c/b76f8c7e-6424-c48d-e71b-fa48b5b8ffe8/mzl.imhrbgil.320x480-75.jpg>

App Icon:

<http://a5.mzstatic.com/us/r1000/081/Purple/v4/4f/09/13/4f091346-a60f-05b3-edf6-a6fc5839262f/mzm.eokqygyk.175x175-75.jpg>

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