

At CSD, we offer the following programs:

- Talks and lectures on the topic of personal safety and self defense
- Half day demonstrations
- Half day workshops
- Full day workshops
- 6 week basic unarmed personal safety program
- 6 month advanced training

CSD Training Programs

Our pricing are cost effective and affordable. Be prepared for a high volume of useful and effective information that is taught to each participant in each course. You will wonder why we charge so little for so much!



CSD Team presenting a self protection demonstration at the SS2 Police Station on Police Open Day on June 2004

- **Talks and lectures on the topic of personal safety and self defense**

Vince Choo is a popular speaker and presents speeches ranging between 20 minutes to 2 hours.

[Need more details on this program? Call or email us at csd @kdta.com](mailto:csd@kdta.com)

- **Half Day demonstrations**

Team CSD has extensive experience in providing educational demonstrations ranging between 30 minutes to 1.5 hours to the general public, corporate and university audiences.

[Need more details on this program? Call or email us at csd @kdta.com](mailto:csd@kdta.com)

- **Half Day Workshops**

Host a half day workshop for your company or organization. Learn the basic mechanics and psychological aspects of personal protection in this 1.5 - 3 hour hands-on practical workshop.

[Need more details on this program? Call or email us at csd @kdta.com](mailto:csd@kdta.com)

- **Full Day Certified Workshops**

Host a full day workshop for your company or organization. Learn the basic mechanics and psychological aspects of personal protection in this 6 hour workshop.

[Need more details on this program? Call or email us at csd @kdta.com](mailto:csd@kdta.com)

- **6 week Basic Unarmed Personal Safety Certified Program**

Learn the basic system that is presented in a modular format in 2 days spread over 6 weeks.

This will be a 12 training sessions with 2 contact hours per session totalling 24 hours of foundation training.

[Need more details on this program? Call or email us at csd @kdta.com](mailto:csd@kdta.com)

- **6 month advanced training program**

Expanding on the 6-week course this 6 month advanced system delivers more scenarios and training opportunities to graduates of the **Full day** and **6-week basic course**

This will be 24 training sessions with 2 contact hours per session totalling 48 hours of intensive training.

[Need more details on this program? Call or email us at csd @kdta.com](mailto:csd@kdta.com)

Topics that are you will learn via the workshops and training programs

- | | |
|-------------------|--------------------|
| Home security | Workplace violence |
| Domestic violence | School violence |
| Street violence | Travel safety |
| Highway safety | Third party safety |



CSD Demonstration at Jaya Jusco stores for a leading Japanese insurance company

- The 7-non physical barriers between the attacker and you:
- Pyramid of Safety
 - A.O.I. Triangle
 - Victim posture
 - Verbal de-escalation techniques
 - Managing the multiple-opponent confrontation
 - Passive physical restraint
 - Neutralizing a knife-wielding assailant
 - Developing advanced striking, blocking, and kicking proficiency
 - Establishing safety procedures

- Understanding legal aspects of defense
- Assuming safety leadership
- Teaching safety to others

CSD Trainers

Vince Choo B.Sc. CSD Founder and Master Trainer

- 5th Dan Black Belt and over 23 year's experience in karate
- Malaysian representative for Law Enforcement Training Services International (USA)
- Malaysian representative for Kissaki Kai Karate International
- Malaysian representative for International Society of Okinawan/Japanese Karate Do
- Malaysian representative for Shoto Research Society International
- Has over 20 years' collective training in many armed and unarmed martial art systems and styles
- Holds a Baccalaureate degree in Business Administration from the University of San Francisco



Vince Choo presenting a speech at the Police Open Day in Petaling Jaya July 2004

Qualified CSD Trainers:

- Mr. Michael Gong, CSD Instructor
- Ms. Fong Ling Hui, CSD Instructor
- Mr. Charles Wong, CSD Instructor



Master Instructor: Vince Choo B.Sc.

Instructors: Michael Gong, Fong Ling Hui, Charles Wong

Details on the CSD programs

- **Talks and lectures on the topic of personal safety and self defense**

Vince Choo is a popular speaker and presents speeches ranging between 20 minutes to 2 hours.

Pricing

20 –30 minute lecture on personal protection and self defense issues	RM 600.00
45 minute lecture on personal protection and self defense issues	RM 750.00
60 minute lecture on personal protection and self defense issues	RM 1,500.00

There is no additional charge if the event is conducted within the Klang Valley. Additional charges outside of the Klang Valley will include a minimum of RM150.00 transportation charge or cost of a return M.A.S. air ticket to your destination (whichever the greater), hotel and meals.

- **Half day demonstrations**

Team CSD has extensive experience in providing educational demonstrations ranging between 30 minutes to 2 hours to the general public, corporate and university audiences.

Pricing

20-30 minute demonstration on personal protection and self defense	RM 800.00
60 minute demonstration on personal protection and self defense	RM 1,000.00
2 hour demonstration on personal protection and self defense	RM 1,500.00

- **Half day workshops**

Host a half day workshop for your company or organization. Learn the basic mechanics and psychological aspects of personal protection in this 3.5 hour hands-on practical workshop. A special safety gift pack will be given to every participant filled with useful personal protection items.

Pricing

Individuals / first 10 group participants	RM 80.00 each
Subsequent group participants - Max 40 participants per workshop	RM 60.00 each

- **Full day workshops**

Host a full day workshop for your company or organization. Learn the basic mechanics and psychological aspects of personal protection in this 6 hour workshop (2 hour lecture and worksheet – 4 hours practical). Each participant will receive hands on instruction as well as a CSD Certificate. A special safety gift pack will be given to every participant filled with useful personal protection items.

Pricing

Individuals / first 10 group participants	RM 160.00 each
Subsequent group participants - Max 40 participants per workshop	RM 120.00 each

- **6 week basic unarmed personal safety program**

Learn the basic system that is presented in a modular format in 2 days spread over 6 weeks. This will be a 12 training sessions with 2 contact hours per session totalling 24 hours of foundation training. (2 lecture and worksheet sessions – 10 practical sessions). Each participant will receive hands on instruction as well as all required material, notes, and a CSD Certificate on successful completion.

Pricing

Individuals / first 10 group participants	RM 500.00 each
Subsequent group participants - Max 40 participants per workshop	RM 480.00 each

Master Instructor: Vince Choo B.Sc.

Instructors: Michael Gong, Fong Ling Hui, Charles Wong

KDT Academy (001411550-W) Website: www.kdta.com

▪ **6 month advanced training program**

Expanding on the 6-week course this 6 month advanced system delivers more scenarios and training opportunities to graduates of the **Full day** and **6-week basic course**.

This will be 24 training sessions with 2 contact hours per session totalling 48 hours of intensive training. Each participant will receive hands on instruction as well as all required material, notes, and a CSD Certificate on successful completion.

Pricing	
Individuals / first 10 group participants	RM 1,050.00 each
Subsequent group participants	or RM 180.00 per person monthly
- Max 40 participants per workshop	RM 1,000.00 each



Master Instructor: Vince Choo B.Sc.

Instructors: Michael Gong, Fong Ling Hui, Charles Wong

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