

NEWSLETTER

May 2025 Betts Defense Training LLC

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OUR GOALS THIS WEEK

Learn, train, repeat. Learn a new skill. Train and practice that new skill, be proficient, be surgical, make it an automatic response.

Just like your mental exercises, practice that new skill (and old skills) in the car, sitting in traffic, having coffee, waiting on hold for a call or a meeting to start.

The point is to **ALWAYS** be training mentally, physically IN MY CLASS and at the range.

BE SAFE. BE AWARE.

THE NEWS

Betts Defense Training will be closed May 1-10. We will be attending/participating in the Malinois National Specialty at Pruina Farms in Grays Summit, MO.



MOTHER'S DAY GIFTS!

Need the perfect gift for Mom? Help her protect herself with an online or in-person class!!

Mother's Day is Sunday May 11th - BDT classes resume May 12th.





MY GEAR - YOUR GEAR

The gear and gadgets I talk about in my class, and that I use and recommend, are available on my website Amazon store.

I am updating and listing more self defense and emergency first aid products as often as I can.

One new gadget I highly recommend for this spring and summer traveling season is the **HERO PRIVACY PEN**. Safe, Easy And Accurate Privacy Protection!



STOP THE BLEED

Stop the Bleed training is now available! Learn how to control bleeding in emergencies.



BDT'S STRATEGY

While my "strategy" may be a bit out of the normal, I truly believe that if we are able to use our "preschool / playground" strategy, we will all get along much better. This is what I live by.

Be nice, be respectful, remember your 3-5. Have a plan to react if necessary (not over react with emotion). Give what you want to receive.

Expectations YOU place on people may not be achievable, be compassionate and willing to adjust for that.