

LINDA VU'S SELF-DEFENSE TRAINING



Empowering Women Through Self Defense Seminars

Working with experts in the fitness, self-defense and motivational industries, the Linda Vu Fitness Academy is based in Las Vegas, NV.

Linda and her team travel worldwide setting up interactive workshops teaching the audience to protect themselves from different types of physical assaults including Close Quarters Combat and Weapons Disarmament.

During the seminars, Linda and her instructors teach the women to use reality-based techniques that will inspire, motivate and empower those in attendance.

Linda recently travelled the world for the Department of Defense (DOD) and Armed Forces Entertainment (AFE), visiting and training with the troops stationed overseas including Saudi Arabia, Djibouti Africa, Bahrain, Qatar, United Kingdom, Belgium, the Netherlands, Germany and more.

Vu and her team are committed to empowering women to protect themselves with practical techniques that can be applied from the parking lot to the battlefield.

Linda's Women Self Defense Seminar teaching weapons disarmament in Katterbach, Germany for Armed Forces Entertainment



LINDA VU FITNESS ACADEMY

Linda is a Certified Self Defense Instructor, Fitness Trainer, Fitness Consultant, Actress and an International Fitness Model.

She just released the Power Abs workout DVD along with her motivational workout CD Energy Hour as well as starring in the indie thriller China Dolls.

She is currently working on her upcoming fitness book Get The Body You Want.

Linda is trained and certified in Wing Chun Kung Fu, best known as the foundation of Bruce Lee's martial arts. Linda is also trained in Close Quarters Combat and Weapons Disarmament.

Linda trains out of her Las Vegas studio, works with the military around the world and specializes in bringing her Women's Self Defense seminars to corporations, gyms, training centers, colleges, learning institutions and private events.



Linda travels overseas with her Self-Defense Seminars to train the women in the military.



Linda on tour with a few of her teammates - Damon Canady and Shawn Fitzsimmons.



Linda receiving her plaque from the Commander in appreciation for her Women's Self Defense Seminars for the women in the Armed Forces.

TRAINING THE TROOPS

Sexual harassment is at an all time high and bringing Linda Vu's Women's Self Defense Training is just one of the many things the Department of Defense is doing to empower the women serving in the Armed Forces.

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Linda's seminar has been a great addition to the SAPRO training the military provides. The Department of Defense Sexual Assault Prevention and Response Office (SAPRO) serves as the single point of authority for program accountability and oversight, in order to enable military readiness and reduce -- with a goal to eliminate -- sexual assault from the military.

General Mark A. Welsh III, Air Force Chief Of Staff has stated that, "Sexual assault has no place in our Air Force. We live in a culture of respect. We cherish our core values of integrity, service, and excellence. But in order to ensure all Airmen experience and benefit from those values, we must eliminate sexual assault in our ranks."

Linda commented during a recent interview, "No matter what martial arts style that you're drawn to, I truly believe they are all good. With that

SELF-DEFENSE WORLD TOUR



Linda demonstrating defensive techniques in her Women's Self-Defense Seminar in Brunssum, the Netherlands

* Linda showing the women reality-based self defensive training - knife techniques and weapons disarmament.



being said, my seminars are NOT focused on one particular style. I have a team of instructors with extensive background in a variety of martial arts such as Brazilian Jiu-Jitsu, Muay Thai, Japanese Jiu-Jitsu, Filipino Eskrima, Tae Kwon Do, Close Quarters Combat, Tai Chi, Wing Chun Kung Fu, Daito-ryu Aikijujutsu, Military & Police Defensive Tactics and more."

Linda added, "My seminars are a workshop of a variety of reality-based self-defense techniques. I've put a powerful team together giving the women the best and practical self-defense techniques and not just one particular style. Being a very petite woman, I know if the techniques work for me, they'll work for any woman."

EXCELLING BEYOND YOUR LIMITATIONS



"Great time, learned a lot. Instructors were very informative. Should definitely keep the tour going. A lot of women could benefit from this."

- Erin M.



"Great class! Great information. Helpful instructors. I feel empowered."

- Jen F.



LINDA VU



Self Defense Instructor

- * Women's Self-Defense
- * Wing Chun Kung Fu
- * Close Quarters Combat

Fitness Trainer & Model

- * Women's Fitness Training
- * Fitness Print Model
- * Energy Hour CD
- * Power Abs Workout DVD

Actress

- * China Dolls Movie



Empowering Women Around the World

A NOTE FROM LINDA...

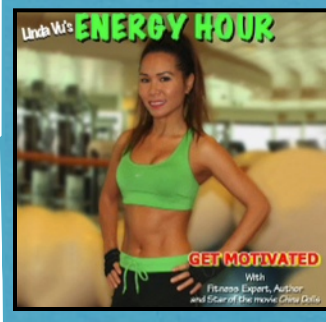
I've always been intrigued and fascinated with martial arts. Initially, like most people who had taken any martial arts class, they want to learn how to protect and defend themselves. Through my learning process, martial arts had helped me to become both mentally and physically stronger. I knew from that moment, martial arts would always be a part of my life.

Although I'm trained and certified in Wing Chun Kung Fu, I'm also trained in a variety of martial arts including Close Quarters Combat, Police Defensive Tactics and Practical Self Defense.

My objective is to share my art, passion and expertise. In a perfect world, there would be no crimes but the reality is that crime does happen. I want to empower people by passing on my knowledge as I want them to feel safe and to be able to defend themselves if ever attacked.

I offer my seminars locally as well as internationally. My goal is to empower people around the world through my fitness and self-defense training.

DVD & CD



Linda Featuring Ssuzi Swimwear



Seminar Teaches Women Street Smarts

by Mark Iacampo, U.S. Army
Garrison Hohenfels Public Affairs



HOHENFELS, Germany -- It's a scenario no woman wants to believe will happen to them, but according to the United Nations Regional Information Center, one in three women will be beaten or sexually abused in her lifetime.

Linda Vu wants to change that. "This is practical, reality-based self-defense," said Vu. "I want to make sure the ladies have something they can use when they're out on the street." Linda's techniques are a hybrid blend of various aspects of Kung Fu, Brazilian Jiu-Jitsu, and Close Quarters Combat.

Vu's techniques use an attacker's size, strength and aggression against them. The moves were fast, simple and effective, capable of disarming or disabling an attacker, even when armed with a knife or a gun, in seconds.

"I just want to give them something that's practical and easy to use in three or four steps," Vu said. Vu also demonstrated techniques for escaping should an attacker manage to get a woman pinned beneath him.

"Being on the ground is the most vulnerable position you can be in," said Vu. "Even if you were making out and you decide this is as far as you want to go, and that person tries to cross a line -- he is no longer your friend, no longer your love interest -- you've got to get him off you."

"The outcome (of an attack) is not predetermined. You know have the power to change the outcome," Barnhart (Vu's husband and tour manager) added. The participants took the message to heart.

Allison Moore attended the seminar with several friends who said they travel together a lot and wanted to feel safer while touring a foreign country. "I feel like Supergirl," Moore joked. "The best thing it taught me was to take a moment, breathe, and think about it. Don't just panic."

"I think it's a really good idea that they're offering this," said Jaclyn Martinez. "And the instructors were very patient, easy to work with, helping you with your moves and correcting you so you can get out of the situation."

Sayoko Patterson, who trains and competes with the Hohenfels Brazilian jiu jitsu team, agreed. "The instructors were great, very good at breaking the moves down and teaching us the proper techniques," she said.

Barnhart said one of the more difficult aspects of the seminars was in taking such a serious subject and keeping it lighthearted, refreshing and fun. But, judging from the excited laughter and smiling faces of the participants, the team pulled it off.



"The response has been amazing," said Vu. "It's an honor and a privilege to do this. I am thrilled to be here and I'm so grateful to have the opportunity to empower women."



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