
STREET ARTS

“Defence When It Matters Most”



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Women’s Street Proofing Program

If the time comes, will you be ready?

Street Arts is a 2-hour instructional course geared at street proofing and self defence techniques as developed by Ontario Provincial Police retired Chief Superintendent Ross Bingley. Ross has over forty five years experience in several forms of martial arts and has been in law enforcement for 30 years. His combination of experience as a trainer and investigator of violent criminal cases has contributed to an innovative approach to personal safety for individuals regardless of their fitness level.

Street Arts has trained thousands of women in the past 25 years and received excellent reviews at each and every course. Ross has trained countless front line and tactical officers in defensive tactics.

Personal safety cannot be taken lightly. Exposure to this training will enhance the participant’s knowledge of individual security through the use of simple, effective physical and intellectual techniques for self-defence.

Street Arts programs can be developed for specific groups or staffs and can be run as a unique way to build team cohesiveness while providing individuals with valuable life defending skills.



“The Best Defence Is Not Being In a High Risk Situation At All ” Ross Bingley
