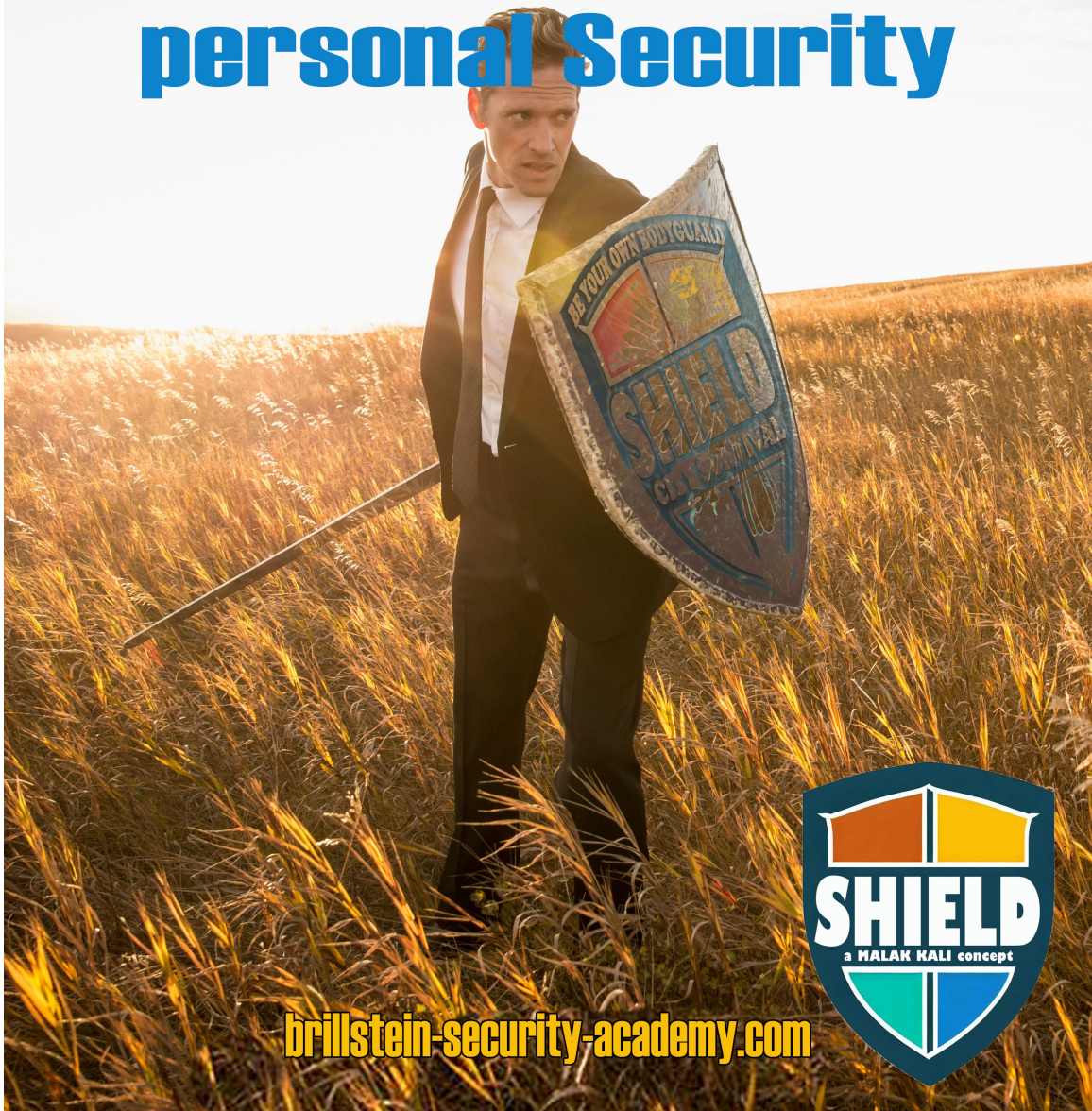


# SHIELD City Survival Hostile Environment Training- Survival- personal Security



[brillstein-security-academy.com](http://brillstein-security-academy.com)



**SHIELD Be Your Own Bodyguard**  
**SHIELD City Survivaltraining**  
**Sicherheitsseminare für persönliche Sicherheit**

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We welcome enquiries from agents and partners, and for acquiring a trainer license.



## **Welcome to SHIELD Personal Security Training – Your Key to Personal Safety!**

In a constantly changing world where personal security is becoming increasingly vital, we aim to provide you with the essential skills to take control of your destiny and personal safety.

Let's be honest: current political and social circumstances demand that YOU take responsibility for your own safety. Police often arrive only after it's too late. People look away when criminals attack fellow citizens. Civil courage has become exceedingly rare.

The Brillstein Security Group presents a revolutionary solution for your personal safety and self-defense training:

This brochure guides you through a unique concept that offers people from all walks of life the opportunity to protect themselves in any situation. Gain extraordinary self-defense skills through our "Adventure Vacation" seminars!

Why not combine an exciting vacation with safety training that might literally save your life one day?

**No matter whether you are an experienced security professional or a complete beginner, our training programs are designed to be accessible and beneficial for everyone.**

On the following pages, we will provide you with a detailed overview of how the SHIELD concept, "BE YOUR OWN BODYGUARD," works and the value it offers you.

**SHIELD BE YOUR OWN BODYGUARD** – also known as SHIELD City Survival – focuses on realistic safety and defense tactics, prevention against violence and crime, psychological training, and much more. We firmly believe that true safety is achieved through recognizing and avoiding dangers before physical defense techniques even come into play.

Through our intensive beginner seminars, you can acquire the skills needed to take your safety into your own hands in a short amount of time. Not only do we teach physical techniques, but more importantly, we emphasize psychological and practical methods to identify dangers early and respond appropriately. This is where SHIELD City Survival fundamentally differs from so-called "martial arts."

Our seminars are suitable for everyone, regardless of age or physical fitness. Even those who consider themselves "not athletic" can develop into competent self-defenders in a short period. We firmly believe that everyone should have the ability to protect themselves and their loved ones.

Specifically for women, we offer seminars tailored to their unique needs, as they are particularly affected by the rising levels of violence.

We are about to introduce you to our range of training programs, which span from beginner seminars to more intensive and advanced courses. These include the opportunity to learn the use of legal self-defense tools right from the start.

Your personal safety is our top priority, and we are excited to teach you the skills you need to navigate life with confidence and security.

We warmly invite you to learn more about "SHIELD BE YOUR OWN BODYGUARD" and to take steps toward improving your personal safety and self-defense skills.

We won't waste time explaining in detail how public order and safety have deteriorated over the years, or how they are simply non-existent in many places. If you're considering security training, you are likely all too aware of this already.

Instead, let's focus on exploring your path to personal safety in all aspects of everyday life!

Our SHIELD City Survival concept is built on four key areas – the four pillars of a realistic, modern strategy for comprehensive security. With this foundation, you will effectively become your own BODYGUARD.

Please continue reading – we warmly encourage you to reach out with any questions after finishing this document. You can find our contact details both at the top and bottom of this brochure.



## **Self-Defense in Extreme Situations – The "Escape and Evasion" (E&E) Seminar – Survival and Escape Training**

In a world filled with unpredictable challenges and dangers, mastering the skills to survive and defend yourself in critical situations is paramount. Welcome to our "Escape and Evasion" (E&E) Seminar!

This unique program combines adventure travel with essential self-rescue tactics.

Our E&E Bush Craft Seminar provides you with the opportunity to learn life-saving techniques to maintain control in critical moments. Whether you imagine yourself in a kidnapping scenario, a natural disaster, or a threatening situation, our training prepares you to escape and find safety in a variety of extreme circumstances.

### **What can you expect from our E&E course?**

- Survival strategies in wilderness and urban environments
- Basic medical skills to stay alive
- Self-defense techniques
- Navigation skills

- The art of tracking and evasion

Our instructors are seasoned elite operatives with decades of military experience in real-world E&E situations. They offer not only theoretical knowledge but also hands-on training in breathtaking locations such as South Africa or the fascinating wilderness of France.

Whether you're a beginner or a seasoned security professional, our course is designed to be accessible to everyone. You will be thoroughly prepared and trained by experienced E&E experts, culminating in an exciting final simulation. In this exercise, you'll apply all the techniques you've learned to escape from a "hunter team" actively pursuing you.

Your safety is our highest priority. Professional paramedics accompany the training, ensuring your well-being. Additionally, we provide rustic but delicious meals and all necessary equipment.

This course is more than just an adventure vacation – it's a valuable training program for security personnel and a must for anyone who wants to be ready to handle extreme situations.

The E&E Bush Craft Training can be extremely important and life-saving for private citizens in various life situations and environments:

1. **Traveling to Remote Areas:** If you are traveling and find yourself in remote or unfamiliar regions, knowledge of survival skills and wilderness navigation can be vital. This is especially useful when you are in areas where quick assistance or rescue is unavailable.
2. **Natural Disasters:** In situations such as earthquakes, floods, or storms, you may be temporarily cut off from the outside world. The ability to find food and water, orient yourself, and protect yourself from the elements can be crucial in such emergencies.

3. **Car Accidents or Breakdowns:** If you are involved in a car accident or breakdown while commuting or traveling and are stranded in the wilderness, knowledge of survival techniques and first aid can save lives until help arrives.
4. **Urban Emergencies:** Even in urban environments, unexpected emergencies such as power outages, civil unrest, or terrorist attacks can occur. This training helps you navigate urban settings, avoid dangers, and defend yourself if necessary.
5. **General Personal Security:** Beyond emergencies, the E&E Bush Craft Training helps sharpen overall safety awareness. It teaches people to be attentive to their surroundings, recognize potential dangers, and feel more secure, no matter where they are.

Overall, learning escape and survival skills can be crucial for protecting and saving your life and the lives of others in various situations and environments.

The **E&E course starts at just €1,495** for 10 days and includes everything you need for your training.





Gain valuable life experiences in a unique outdoor adventure while simultaneously preparing for potential emergencies. Your journey to personal safety begins here! If you are interested, feel free to ask us about dates, locations, and bookings.

**Alternative Option:** Starting in 2025, we are again planning **E&E City Survival Seminars**, focusing on escape and self-rescue in urban environments. If interested, please inquire with us.



## Defense with Firearms – Our Defensive Shooting Seminar

The world around us is becoming increasingly unsafe, and it is essential to develop the skills necessary to protect yourself and your loved ones. Welcome to the Brillstein Security Group Defensive Shooting Course!

Our Defensive Shooting Course is designed to teach you the most advanced and realistic shooting techniques that are critical in the "real-world" scenarios of personal defense.

This is not about simple shooting range practice at gun clubs, but about the ability to defend yourself in real-life danger situations, which are becoming more common in everyday life. Did you know, for example, that the majority of firearm-related street attacks occur at a distance of just 2–3 meters?

The simple target shooting practiced at gun clubs does not prepare you for such real-world threats. However, “**DefShoot**” is the exact training you need for this.

Our Defensive Shooting Training provides essential skills and knowledge that can be crucial in various life situations:

1. **Self-Defense in Dangerous Situations:** In a world where violence and crime are on the rise, knowledge of

defensive shooting techniques can be life-saving. It enables you to effectively protect yourself and your loved ones in dangerous situations.

2. **Firearm Threats:** Unfortunately, the threat of firearms can occur almost anywhere today. This training teaches you how to respond appropriately to firearm threats and defend your life.
3. **Disarming Skills:** In the event of a firearm threat, the ability to disarm the weapon and ensure it cannot be used against you is vital. Defensive Shooting Training teaches you how to safely and effectively control firearms.
4. **Stress Management:** During an attack or threat, stress levels rise dramatically. The training helps you remain calm under pressure and deliver accurate shots when it matters most.
5. **Legal Aspects:** Many countries have strict laws and regulations regarding firearm ownership and use. Defensive Shooting Training not only teaches shooting techniques but also provides an understanding of the legal frameworks and ethical aspects of firearm handling.

In an increasingly insecure world, learning defensive shooting skills can help ensure your personal safety and provide the confidence that you can act appropriately in dangerous situations.



**Defensive Shooting  
Selbstverteidigung  
mit Schusswaffen  
Seminar**

**What can you expect in our defensive shooting course?**

The best modern shooting techniques with various weapons, including revolvers, pistols, shotguns and assault rifles

Training with real weapons and also with paintball guns to gain important experience under realistic conditions

Stress management and quick reactions in critical moments

Our instructors are experienced professionals from the police and military who will guide you through intensive seminars. We place a high value on safety when handling weapons – anyone over the age of 21 can take part in our course – men and women.

**Our course is not only aimed at private individuals, but is also a valuable addition for security professionals, especially in the field of security, personal protection and security guards.**

**We firmly believe that everyone should have the ability to realistically and safely defend themselves with a range of firearms.**

The Defensive Shooting course starts from €2450 for 12 days and includes everything you need for your training. This

course will change your understanding of personal safety and self-defense and give you the skills you need to prevail in critical moments.

Places are limited, so book well in advance.



## **Hostile Environment Training (HET) – Travel safety seminars**

Traveling the world can be exciting, but it also carries increasing dangers. Kidnappings, terrorism, robberies and threats are a reality worldwide, and even “normal” tourists are not really safe.

**If you travel abroad frequently – whether for business, pleasure or both – and want to be safe and prepared for any emergency, then the Brillstein Security Group Hostile Environment Training (HET) is for you!**

**Hostile Environment Training (HET) is of great importance as it can be vital in a variety of situations and environments:**

1. Travel safety: In a globalized world, more and more people travel abroad for business and pleasure. HET training teaches important skills for protecting and rescuing yourself in dangerous environments, recognizing threats and reacting appropriately. It is crucial for business travelers, journalists, aid workers and anyone traveling in unstable regions.
2. Risk minimization: Whether you are on a business trip or on vacation, HET training helps you minimize risks. You will

learn how to protect yourself from robberies, thefts and other criminal activities.

3. Emergency situations: Accidents, natural disasters and medical emergencies can occur anywhere and anytime. HET training provides you with life-saving first aid knowledge and teaches you how to act calmly and effectively in such situations.

4. Kidnapping Prevention: The threat of kidnapping is real worldwide. HET training teaches you how to avoid kidnapping and how to act in the event of a kidnapping in order to increase your chances of a safe return.

5. Self-Defense: HET training also includes self-defense techniques that can help you in extreme situations. You will learn how to defend yourself against attackers and ensure your safety.

**In an age when the world is becoming increasingly complex and uncertain, Hostile Environment Training provides vital skills and knowledge for surviving and protecting yourself in dangerous environments. It is an essential training course for anyone who works or travels in challenging environments.**

**Our HET seminar is designed to help you:**

- Drastically increase your personal safety and that of your fellow travelers
- Avoid crime by learning specific prevention strategies and how to recognize potential threats
- Respond appropriately and effectively in an emergency

# HOSTILE ENVIRONMENT TRAINING (HET) Seminar



## **What can you expect at our HET seminars?**

Prevention strategies to avoid danger

Reaction training, including special self-defense actions

Psychological situation training to recognize criminals and terrorists

Survival training in extreme situations

Dealing with various weapons for self-defense

Behavioral measures specifically for trips abroad

Our accomplished security professionals from different countries offer intensive seminars over 5-10 days. You will learn how criminals and terrorists operate, how victims are selected and scouted, and how you can effectively defend yourself to prevent or hinder attacks.

Our HET seminar is aimed at all normally healthy men and women aged 18 and over, in particular frequent travelers, journalists, security personnel, managers/VIPs and anyone who wants to learn effective self-protection measures.

**Our courses are also an excellent team-building or motivational training opportunity for employees or important customers of companies in all possible**



**industries.**

The entry level fee for Hostile Environment Training starts at around €690 per person, depending on the scope of the course.

Accommodation can be arranged according to your requirements, and we also offer customized seminars for closed groups.

Our trainers can also travel to you, provided that the group is large enough.

We look forward to answering any questions you may have about these valuable seminars.



**Security and self-defense – seminars for personal safety:  
SHIELD City Survival – Be Your Own Bodyguard**

**The “SHIELD Be Your Own Bodyguard” concept is a program specially developed for personal safety in everyday life to optimize your personal safety and self-help in the way of self-defense – at home, on the road, at work or during your free time.**

Our mission is to enable you to ensure your own safety in every area of your life.

“Be Your Own Bodyguard” is a security concept developed especially for private individuals; it includes realistic and diverse defense tactics, both with and without defensive tools of any kind.

**Why do we choose the slogan ‘Be Your Own Bodyguard’?**

**The concept is completely different from “martial arts”.**

**As the name suggests, this is based solely on “combat”. But combat does not create better security - combat training always involves combat, and this always carries a high risk.**

Personal protection, on the other hand, has as its top priority the AVOIDANCE of danger, risk and physical confrontation.

Acting like a professional bodyguard means recognizing danger early, avoiding danger, saving yourself at the earliest possible moment, reducing risks – and preparing for self-defense situations in which the previously mentioned tactics have failed. Only this kind of behavior is professional bodyguard work!

Even if we teach you the most effective self-defense tactics for these purposes, to defend yourself quickly and rapidly: **the ultimate goal remains to avoid danger, to rescue yourself as quickly as possible and to minimize personal risk.**

### **What do our seminars teach you?**

You will receive a REAL concept for comprehensive personal safety in your everyday life, wherever you may be.

Take advantage of this easy-to-learn security system that anyone can learn in a short time, and YOU can control your personal safety again.

A holistic approach that includes self-protection, prevention of violence and crime, as well as psychological tools.

- Not a martial art, but a security system for individuals that works independently of athletic fitness and can therefore be successfully applied by all people - men, women, young people, seniors

Our introductory seminars last from 4 days (depending on the respective scope, there are also longer seminars) and teach you the basics to recognize dangers at an early stage, avoid them and react appropriately. We place particular emphasis on our tactics being easy to learn and highly effective at the same time.

Whether you are athletic or not, Be Your Own Bodyguard enables you to learn realistic self-defense tactics. We offer introductory seminars in various locations in Germany, France, the United States, Israel, Thailand and South Africa.

**Our concept is based on natural human movements, without acrobatics and without a particular physical fitness or strength, which are easy to apply.**

**You will learn how to recognize danger early, avoid violence and react appropriately in an emergency, long before it comes to a real confrontation with attackers.**

The entry-level price for our four-day seminars starts at €390 and is the first step on the path to a safe and self-confident way of life. We also offer more intensive and advanced courses, including weekend seminars, trainer education and weapon training.

**Our goal is to provide you with the skills you need to protect yourself and your loved ones. Become your own bodyguard and experience a higher quality of life through increased security and self-confidence!**

We are convinced that you will benefit from our comprehensive offer and our many years of experience, and that not only will your life become safer, but also MORE ENJOYABLE, because worrying about the rampant crime is a real brake on our zest for life...

**If the concept of "SHIELD - BE YOUR OWN BODYGUARD" is of interest to you, we will be happy to provide you with a more detailed brochure, absolutely free of charge, which explains the entire concept in more detail.**

**Get our PDF "SHIELD Be Your Own Bodyguard" free of charge - [simply Email us](#) and we'll send you your copy right away.**



### **Final thoughts, contact information**

We hope that this brochure has given you a good insight into the Brillstein Security Group's training seminars for personal security.

**Our four pillars of SHIELD City Survival - Escape and Evasion, Defensive Shooting, Hostile Environment Training and “SHIELD Be Your Own Bodyguard” - offer comprehensive options for increasing your personal safety, self-defense and self-protection.**

You can train these 4 modules one after the other, in any order you like, and thus acquire the full concept over time.

After the seminars, you will also have access to further learning materials to deepen your skills and continue training independently.

**We have now shown you the way to optimized security.**

**If you are serious about taking back control and being safer in your everyday life, take the next necessary step**

**and book your place on one of our seminars!**

**No other route can lead you to your desired goal.**

**Why not use your next vacation to acquire the important skills and knowledge that will make YOU a security expert, together with our security experts?**

**Refuse to be a victim – become YOUR OWN BODYGUARD**

It doesn't matter whether you have already trained in martial arts or not, or whether you are not particularly interested in sports. Everyone can participate.

**With our “SHIELD City Survival” concept, EVERYONE can become a master of their own personal safety through our various seminars and modules!**

Our training seminars are designed to give you the skills you need to recognize and avoid danger and to act effectively in an emergency.

Whether you are a frequent traveler, a journalist, a manager or simply a private individual, our courses can help you live more safely and improve your quality of life.

**If you would like more information, have questions or are interested in one of our seminars, please do not hesitate to contact us.**

**Our experienced team is happy to discuss your concerns and help you book a place.**

We also welcome enquiries from agents and people who wish to become a trainer.

**Stay safe and confident wherever your travels take you. We look forward to welcoming you to one of our seminars and helping you to increase your own level of safety.**

**Contact us today to take the first step towards personal safety.**

**We are here for you and look forward to supporting you:**

Email [service-team@brillstein-security-group.com](mailto:service-team@brillstein-security-group.com)

## The SHIELD City Survival Instructor-Team

