

You may notice along with the many other volunteers at the PhillyFIT Bashes, we have a team of security specialists. They're the guys wearing the PhillyFIT Safe Day Studio Security shirts. We are fortunate to have this group as our main security detail. They are Mike Andrus's team of security specialists from his martial arts school called Safe Day Studio.



Safe Day Studios: Providing a "Secure" Bash

Pictured is (L to R), Bob Mattis, co-owner, Safe Day Studio, Billy Blanks; founder of Tae Bo, Mike Andrus, co-owner and Instructor, Safe Day Studio.

One of the areas of self-defense that Safe Day teaches that makes them perfect for the job are come-along techniques used primarily for security personnel such as body guards, prison guards, law enforcement, bouncers, etc. These techniques are very effective in controlling individuals who need to be guided or subdued. Mike and his detail performed the celebrity protection and security for third and fourth PhillyFIT Bashes at Spring Mill Manor and Gold's Gym in Oaks, PA respectively with smooth results. They had the pleasure of working with Billy Blanks, founder of Tae Bo and other local celebrities and will also be doing security for the PhillyFIT Bash at Villanova on September 24, 2006.

Safe Day Studio offers a wide variety of martial and self-defense training, including specialized law enforcement and military training along with a popular adult and children's martial arts program and cardio kick-boxing. Mike also teaches a mixed martial arts program for those who are interested in learning the skills seen in the Ultimate Fighting Championship. One of the most successful programs at Safe Day has been the Women's Self-Defense Seminar. Mike runs a three-hour comprehensive seminar that teaches theory, dynamics and techniques for women's self-defense. The seminar covers home and car invasion, and all scenarios related to defending yourself properly against an assailant. He teaches street proven self-defense techniques that are necessary to know in today's world. The attendees learn

awareness drills and tips to keep them out of trouble. Once you have taken this seminar you are welcome back to attend future women's self-defense seminars at no charge. There is also discussion about defending yourself and having the confidence to do so!

Safe Day Studio will be teaching several important techniques and tips from their seminar during the demo at the 5th PhillyFIT Bash. We look forward to once again working with Safe Day Studio at the upcoming Bash and appreciate their hard work at the prior Bashes. Thank you Safe Day Studios!

ABOUT MIKE ANDRUS:

Mike is responsible for all of the programs at Safe Day Studios. These programs include law enforcement, military, adult martial arts, kid's karate, women's self-defense, etc. Mike has achieved 1st DAN in a mixed martial arts style that includes (Karate, Muay Thai, Brazilian Jujitsu, Korean Tae Kwon Do, Philippines Arnis, American Boxing and edged weapons. He is a lethal weapons agent (Act 235) in Pennsylvania and is a cyber security advisor for the Federal Agents PBA and is also an FBI infragard member. Mike also does executive and celebrity protection and was the director of special programs for the "Pregnant Women's Self-Defense Program" featured on "Good Day Philadelphia Fox 29!" Contact him at mandrus@phillyfit-magazine.com