

About Us

It all started with a father who wanted to make sure his children would never be victims, no matter what.

He wanted them to DO all the things, GO to all the places, and still come home SAFE.

It worked.

Now, we want to share with you.

The name “elevation650” pays homage to where this project began, in Grande Prairie, Alberta.



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Women's Self-Protection

The 7 Concepts

Before you strap on the boxing gloves or start your journey to that black belt, remember that self-defense begins long before any physical training. Here are 7 essential tips to empower and protect yourself:

Prioritize Safety

Before you go anywhere, commit to leaving if you feel unsafe. No explanations, no hesitations — just go.

Move

Moving saves lives. Move to defend yourself. Move to leave the area. If someone is getting angry, lose the argument and go.



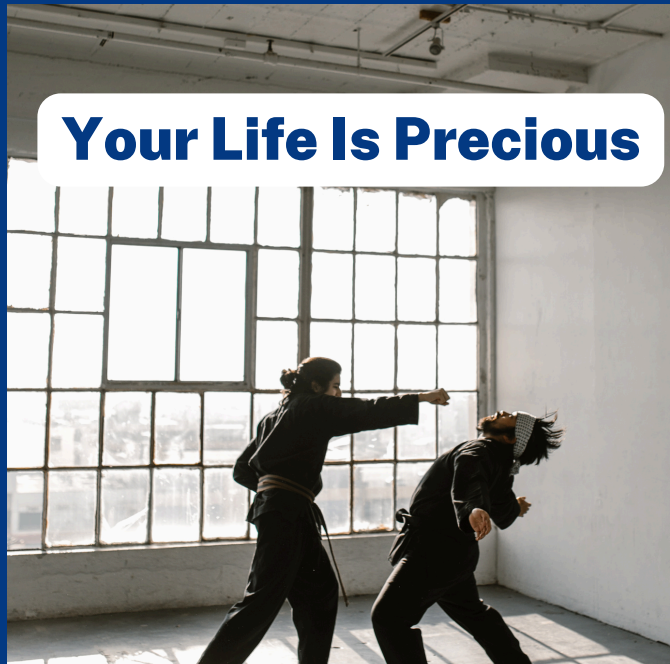
Self Reliance

In critical moments, assume that you must act to save yourself. Bystanders may not help, so be prepared to take action.

Keep Moving

Your attacker wants you to freeze or give up — don't. Keep moving. Even if you don't have any skills, move - do what you can and keep trying. Wave your arms, kick, jerk your body in frantic ways. Be uncontrollable.

Your Life Is Precious



Show Confidence

Even if you're scared, move with confidence. Attackers look for vulnerability. The more calm, alert, and confident you appear, the less likely you are to be targeted.

Stay Aware

Pay attention to your surroundings and the behavior of those around you. If something feels off, trust your instincts and get out.

Adapt

Be flexible with your environment, mood, and actions. The more you can adapt, the safer you'll be. Life can happen fast and we think we "need" to do something. You don't. Adapt to the needs of that moment.