

DEFENSE

PREPARE, PREVENT, PROTECT

THE  
WAY  
TO  
SURVIVE  
THE  
SHOOTING





# PREPARE – PREVENT – PROTECT

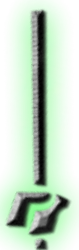
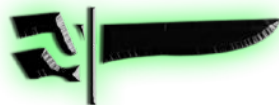
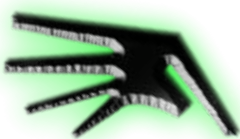
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**Shockwave Defense™**

**A FULL SPECTRUM DEFENSE UNIVERSITY™**

CONFIDENCE ~ MENTAL STRENGTH ~ FITNESS ~ COMBATIVES







The rich lineage of Shockwave Defense™ dates back to the 20's starting with Samuel K. Johnson. Mr. Johnson had black belts in Judo & Jiu-jitsu from which he developed his own combination of tactics. He taught these tactics to his first and only student, his son, Steve Johnson. Steve Johnson began his training in the martial arts at the age of 12 and, his dad helped him develop his own style of defense, as well as building his first school.



Steve A. Johnson continued to train in the arts under several well known martial artist such as Ip Chun, and became most well known for his training under martial arts legend, and movie star, the late incredible Bruce Lee (1967-1969). His training developed into a combination of what he learned from his father, and his instructors. This new interpretation he coined "Jin Sun Do Gung Fu." or Johnson's way of hard work.

Starting the arts at the age of 2, Master Michael C. Johnson continues to grow his knowledge and career in combative's.

He opened his first school in Albuquerque, NM in 2002 where he combined experiences of life conviction, behavioral psychology, a degree in criminology, and multiple black belt rankings into his own interpretation of defense known as Bellicusology, or (The study of militant, martial, and warfare ways). He holds a BA in criminology from the University of New Mexico, & is the honorary squadron commander for the 512th Rescue Squadron at Kirtland AFB. Johnson's background includes bodyguard work for celebrities such as Xzibit, and teaching notoriety as the primary DMS combative's instructor for the The State of Florida's Department of Corrections & their Special Teams Units. His instruction has reached over 19,000 officers in their Departments, and he has trained multiple officers from other agencies nationwide. Johnson is a certified NRA firearms instructor and a professional lecture through The State of New Mexico's Department of Public Safety. He teaches domestically and abroad including Taiwan, Dubai, and The Yokota AFB in Tokyo Japan, where he trained the 459th how to defend themselves and their aircraft should a hostile actor try to take over the aircraft. In the summer of 2018 Johnson traveled to South Africa and worked with The South African Metro Police Tactical Response Unit in defense against hostile encounters. His tried & tested skills have held up against the most fierce of testing grounds including Overpressure Combat, where he has over 55 full contact improvised tool fights. He continues to train the public as well as, law enforcement, & military personnel how to function effectively in high risk, and high stress resistant environments. Additionally, Johnson & his team help coordinate film scenarios for their international strategic partners Lasershot Simulations. These videos offer Judgmental Training Scenario's that aid first responders in life saving skills and how to effectively deal with violent, and non-violent situations, including how to cope with shoot no shoot scenarios. His hobbies include snow boarding, full contact stick fighting, high speed sports, traveling, operating high speed vehicles, and spending time with his daughters.





Welcome To Shockwave Defense University:

At Shockwave Defense™ we have many products that make your experience with us unique. Armed with physical capability, mechanical tools, and the mental strength, you'll learn to endure through resistance. Your team will establish a bond of care and connection unlike any other. This training will show you how to take protection methods and apply them to everyday living. Your team will receive a plethora of skills while learning to take control of their physical and mental faculties, while establishing a new mindset. This newly designed mindset will help the student face challenges, communicate better, and act with a sharpened acuity. Best of all, you and our team will learn how to overcome limitations!

Packages Include But Are Not Limited To:

**The Mental Power Package:** This course focuses heavily on mental strength, verbal power, de-escalation tactics, and how to shift your mind from stuck in thought to taking action. It also focuses the trainee how to become a stronger more mentally fit human being!

**Our Awareness & Avoidance Package:** This course offers the essentials in readiness, teaching the six primary conditions of violent encounters & what to look out for to keep you and your family safe. It also explains readiness, and the multiple pre-fight indicators letting you know an attack is near. Additional topics covered are; pre-planning using awareness levels, how to function at a higher state of alertness, what the typologies of attackers exist, how to identify and avoid them. And how to avoid bad scenarios.

**Leadership Development Course:** Unlock the mystery on how to guide your team to be resourceful, increase personal empowerment, and strengthen their immunity against negativity in our society. This course also focuses on how to build a strong culture of brand loyalty, and an ethos to increase team morale. This course has a strong focus on how to overcome common obstacles that keep individuals, and teams from performing at their best.

**Hand 2 Hand Tactics:** Learning how to protect yourself is important, but how to gain leverage against an attacker, that is bigger, stronger, and possibly more skilled than you, is the true power in our training. Your team will learn how to protect, prevent, and prevail, against resistance while increasing their physical health. All done in a safe, yet effective training environment.

**Asset Training:** Weapons often act as an equalizer in disparity force situations, and against multiple attackers, or other dynamic situations. Our Asset Training Courses can include concealed carry, improvised tool training, firearms training, impact tools, and edged weapons. Whether experiencing a car jacking, active shooter scenario, or home invasion, this package and its extensions have your bases covered! These packages are a few of the many unique training opportunities available to law enforcement, military, and the public. Only at Shockwave Defense™ University!

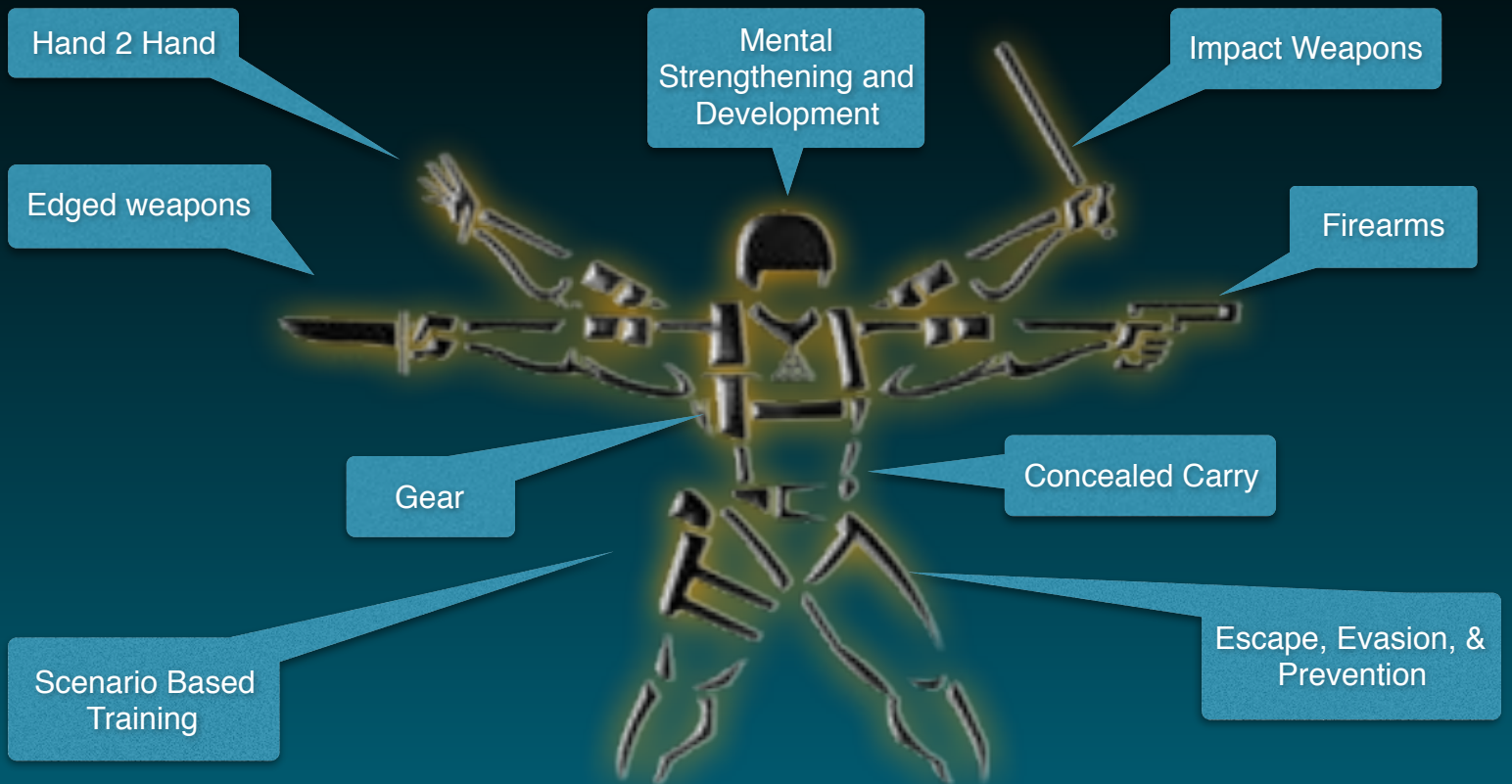


Our Clients Trust Us To Deliver Quality





## Welcome To Shockwave Defense University



### Who's It For

Those with discerning taste, & a high appreciation of time make the best students of Shockwave Defense™. Content, best fits a mature audience, & offers life saving instruction & modified daily behavior's that can offer peak performance into other areas of your life.

### Who We Are

Our Mission: To give the innocent & the guardians the tools necessary to fight those who prey on the weak. With a direct training lineage from Bruce Lee and over 140 years combined experience in their founders history Shockwave Defense is

### Common Benefits Of Training

Most common benefits reported by students are: Increased energy, camaraderie, confidence in ability, mental strength, pride in physique, better social interaction, quality relationships, & spikes in job performance.


### Instructional Methods

Offering international & domestic instruction to civilian, law enforcement, & military personnel. Shockwave Defense™ methods of instruction encompass demonstration, lecture, & force on force training methods depending on the audience & its needs.

### Cost & Analysis

Defense Hacking (teaching the methods of defense in a simple, fun, effective, & efficient manner) allows students to conserve energy and time. Average program times & training cost can vary. Types of instruction, frequency, learning objectives, & target groups can effect the cost of training.

## References



DEPARTMENT OF THE AIR FORCE  
PACIFIC AIR FORCES  
15th Air Force

23 Jan 2013

111th Air Support Group, USAF  
Director of Operations  
479th Air Support Squadron  
Yokota AB Japan

Michael Johnson  
Owner/Operator  
Shockwave Defense  
637 Broadway Blvd SE  
Albuquerque, NM 87110


Dear Major Johnson:

Thank you for instructing our C-12J and UH-1N Aircrew on self-defense techniques they can use while in flight. The training you provided has better prepared our Airmen to defend themselves and save the aircraft should a hostile actor attempt to do them harm or take control of the aircraft.

Your ability to adapt and use combat methods for active personnel who are involved with self-defense techniques is beyond compare. Additionally, we appreciate your willingness to work with Aircrew in the aircraft to show them how to best use their own to defend themselves.

I hope this letter finds you well and hope we will have another opportunity to benefit from your instruction.

Sincerely,  
Scott L. Adams, USAF




U.S. Department of Homeland Security  
UNITED STATES SECRET SERVICE

I started with Shockwave Defense a couple of months ago. All of my expectations have been exceeded. Michael Johnson is thorough and explains exercises in a concise and practical manner. Myself, I am benefiting from a dramatic increase in coordination and conditioning. Furthermore, this is training that I have been able to apply to my defensive tactics in law enforcement as well as my protective assignments.

I thank Michael Johnson and his Shockwave Defense staff for their commitment to a school of excellence. To anyone who is considering training in self-defense, I highly recommend you visit Michael Johnson's Shockwave Defense.

Jeffrey A. Morham  
Special Agent - U.S. Secret Service



FLORIDA  
DEPARTMENT OF  
CORRECTIONS

Mr. Michael Johnson,

I would like to take this opportunity to say thank you for the instruction and leadership that you have provided to our staff.

We certainly appreciate your dedication to our department and look forward to working with you in the future.

Thank you,

Jeffrey A. Morham  
Assistant Bureau Chief  
Florida Department of Corrections  
Staff Development & Training


















March 26, 2013

During the evaluation of our defensive tactics training, Michael Johnson demonstrated a high level of skill and knowledge in the use of defensive tactics. He was able to apply the training to his own situation and was able to provide feedback to the training staff.

Letter of Recommendation

From: Sgt. Applegate, Christine

To: Whom It May Concern

I have known Mr. Michael Johnson for a long time. He has consistently adhered to the highest standards of professionalism and integrity. He is a skilled and dedicated individual who is always willing to go the extra mile to do his job. He is a true professional and a great asset to any organization.

Respectfully,

Ed Reynolds  
Chief of Police

**ADDITIONAL REFERENCES ARE ALWAYS AVAILABLE  
UPON REQUEST**



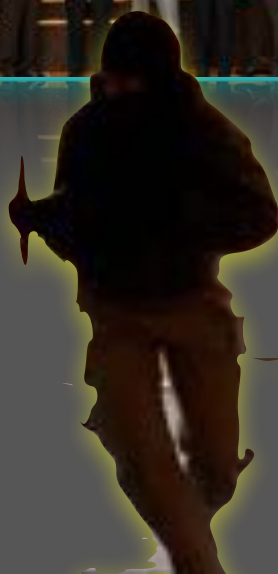


# COMPTENCIES & CAPABILITIES



Shockwave Defense, LLC is a small business that trains and prepares individuals and groups how to prevent and survive high risk, high stress, and threatening situations at the office or in the field, through mental and physical empowerment. The company has a long record of proven past performance in delivering education and training in: self defense, work place violence, weapons training, active shooter, and concealed carry; all supported by team building, mental strengthening, empowerment, and leadership development skills.

Capabilities include, but are not limited to: formal training curriculums with customizable modules, train-the-trainer options, gun simulator, shoot house, hand-to-hand, escape and evasion from illegal restraint, survival, sniper training, self discipline, and a weight room and fitness facility. Classes include validation and testing instruments; and risk assessments are performed to ensure safety and, quality control.





# NOTES





# CONTACT



## POC INFORMATION

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[WWW.SHOCKWAVEDEFENSE.COM](http://WWW.SHOCKWAVEDEFENSE.COM)

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DEFENSE

PREPARE, PREVENT, PROTECT

# SHOCKWAYS



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