



## What is Kicks & Comedy?

"Kicks and Comedy" is a unique self-defense class that combines practical life-saving techniques with the art of improv comedy. This innovative approach not only teaches essential skills for personal safety but also uses humor and creativity to reinforce learning, making the experience both enjoyable and impactful. Created by comedian and certified self defense instructor Vanessa "Action" Fraction.



## What will you learn?

- Situational Awareness:** Understanding how to recognize potential threats and avoid dangerous situations before they escalate.
- Basic Strikes:** Techniques such as punches, elbows, knee strikes, and kicks designed to incapacitate an attacker quickly.
- Defensive Stances:** Learning proper stances that provide balance and readiness for both defense and attack.
- Escapes from Grabs:** Techniques for breaking free from wrist grabs, bear hugs, and other holds to regain control.
- Ground Defense:** Strategies for defending oneself if taken to the ground, including getting back to a standing position.
- Use of Personal Items:** Learning how to use everyday objects (like keys or a phone) as improvised self-defense tools.
- Targeting Vulnerable Areas:** Instruction on striking vulnerable spots on an attacker, such as the eyes, throat, groin, and knees.
- Self-Defense Against Chokes:** Techniques for escaping chokes or holds, including both standing and ground scenarios.
- De-escalation Techniques:** Strategies for verbally diffusing a situation to avoid physical confrontation.
- Confidence Building:** Exercises that focus on building self-confidence and assertiveness, essential components of effective self-defense.



### Why mix Punches with Punchlines ??

Well, incorporating laughter into the learning process not only makes it more enjoyable but also significantly enhances cognitive functioning, leading to better outcomes in skill acquisition and knowledge retention.



## Why take a self defense class??

Every woman deserves to feel empowered and safe in her everyday life. Taking a self-defense class not only equips you with practical skills to protect yourself in threatening situations but also boosts your confidence and awareness. By investing in self-defense training, you gain the tools to assert your boundaries, enhance your personal safety, and cultivate a strong sense of self-assurance that extends beyond the class.

Embrace your strength and take control of your safety—because you are worth it!



A few of the Organizations & Entertainment Spaces we've served.



- UMKC
- Title Gym Columbia, MD
- Little Women Atlanta (Divas in Defense)
- Love & Hip Hop Atlanta (Divas in Defense)
- Sister Circle TV
- Black Friday Report / Peach Tree TV
- Our House
- SOUZA Foundation

By learning self-defense skills and feeling stronger, women feel more empowered to take control of their lives. The class is designed to be accessible for people of all ages, fitness levels and experience. Discover the perfect blend of education and entertainment with 'Kicks and Comedy'—a self-defense class that transforms into an improv show! Whether for your club, organization, sorority sisters, corporate training or a private gathering of family and friends, this unique experience promises laughter and learning. Book your session today and empower your group with essential self-defense skills while having a blast!

## Pricing

In an effort to provide services to those that are in need of training, but lack the financial ability to meet the monetary requirements, when Inquiring or Booking Classes, please ask about **Pro Bono** and **Sponsorship classes**.

In some instances, the fees may be partially or fully waved based on the circumstances or organization requesting classes.

### Fee Schedules

Small Class	Medium Class	Large Class	Extra Large <span>Venue</span>
<b>\$30</b> / Per Person	<b>\$20</b> / Per Person	<b>\$35</b> / Per Person	<b>\$40</b> / Per Person
1 to 10 Students	10-20 Students	20-40 Students	40-100 Students
One Instructor	One Instructor	2 Instructors	2-4 Instructors
Small Venue	Small Venue	Gym or Outdoor Venue	Large Venue Required

## About Instructor Vanessa Fraction

Vanessa Fraction aka "Action Fraction" is a nationally touring comedian, actress, and writer who has decided to combine her love for comedy and passion to teach self-defense into a class to empower women. Vanessa has had firsthand experience with physical violence personally and in the workplace. She now uses her experience to train and uplift other women with the skills to fight back.

She can currently be heard as a co-host on the Nappy Boy Radio Podcast hosted by Tpain and seen in the movie Praise This on Peacock. Vanessa can also be seen guest hosting on the entertainment news show Dish Nation. As a stand-up comedian, Vanessa has performed on Def Comedy Jam, LaffMobs Laff Tracks, and more. Her writing credits include Raven's Home, 106 & Park, and The Mo'Nique Show. Additionally, she has appeared in the film Barber Shop 2 and television shows such as Last Call, Mann & Wife (BounceTV), Comedy KnockOuts (TruTV) and Tales (BET).



[kickscomedy.com](http://kickscomedy.com)

For Bookings, Inquires, and Questions, Email us at [bookings@vanessafraction.com](mailto:bookings@vanessafraction.com) and someone will return your email as soon as possible.