



Sunday February 11th, 21 members of the Beth Emeth Congregation met with 3 Arizona Church Security Network team members for their **I Lived** training class, because when an incident happens it is too late to prepare.

A big thank you to Phil Pinkus, Director, Metro Phoenix Network, who led the class and to John Catlidge and Terri Kelly who assisted. We heard statistics and learned about strategies to deter, detect, and defend.

We learned what we can do, how to cultivate a survival mindset, and how to initiate a lock down to shelter in place. The gorilla in the room demonstration video was a powerful reminder that we do not see what is right in front of us when focusing on only one thing. Techniques to barricade a door were demonstrated as were techniques to disrupt, distract and swarm an intruder.



Phil Pinkus



John Catlidge



Terri Kelly holds a model gun as Reb Lev Ettelson assists Phil Pinkus in the swarm and pull away technique.



The AZCSN holds multiple classes for more information
Contact AZCSN.com. or phil@AZCSN.com