



GREAT RIVER
ORAL & MAXILLOFACIAL SURGERY, P.C.

DR. MICHAEL L. BOTTRELL

DDS, MASTER FITNESS TRAINER~NATIONAL FEDERATION OF PROFESSIONAL TRAINERS

MICHAEL GRADUATED FROM THE UNIVERSITY OF WASHINGTON-SCHOOL OF DENTISTRY AND RETURNED TO HIS HOMETOWN IN 1983. SINCE THEIR RETURN TO PLATTEVILLE, WI, HE AND HIS WIFE HAVE MANAGED THEIR DENTAL PRACTICE, AND TRAINED PEOPLE FOR FITNESS AND SELF-DEFENSE. AFTER 5 YEARS OF TRAINING UNDER A FENCING MASTER, MICHAEL BEGAN TO LEARN KARATE. A BLACK BELT IN TANG SOO DO, WHO ENLISTED AS A SKY MARSHAL, TRADED KARATE LESSONS FOR FENCING LESSONS WITH HIM. DURING THAT TIME HE VOLUNTEERED TO TRAIN EXTENSIVELY TECHNIQUES IN WHICH THE SKY MARSHAL NEEDED TO BE HIGHLY COMPETENT. THOSE LESSONS WERE THE BEGINNING OF MICHAEL'S ONGOING KNIFE, HANDGUN, AND JIU-JITSU TRAINING. MICHAEL CO-LED 7 ANNUAL 10-DAY TRIPS TO MANAUS, BRAZIL, TO HELP RICARDO GUIMARAES IN HIS WORK TO RESCUE CHILDREN OFF THE STREETS, OFF DRUGS, AND OUT OF HUMAN TRAFFICKING. THEY USED THE VERY POPULAR BRAZILIAN JIU-JITSU TO ATTRACT CHILDREN AND CONVINCED THEM OF THEIR INTRINSIC VALUE. MICHAEL TRAINED YOUNG MEN AND WOMEN IN PLATTEVILLE TO GO WITH HIM TO WORK WITH RICARDO IN MANAUS. THEY EMPLOYED MASTER GUIMARAES TO TEACH THEM JIU-JITSU, THE "GENTLE ART," AND BROUGHT THAT TRAINING BACK HOME TO PASS ON TO OTHERS.

2013 IS WHEN WOMEN CONVINCED MICHAEL THAT THEIR LIVES AND SAFETY WERE INCREASINGLY THREATENED, THEY WERE INVITED INTO HIS TRAINING, WHERE THEY LEARN TO ELIMINATE THEIR MOST COMMONLY REPORTED VIOLENT THREATS. THIS WAS THE BEGINNING OF HIS "DECREASING VIOLENCE AGAINST WOMEN : INCREASING HONOR IN MEN" TRAINING. ON THE SAME JIU-JITSU MAT THAT MEN CONVINCED WOMEN OF THEIR INTRINSIC VALUE, THAT THEY ARE WORTH FIGHTING FOR, THE WOMEN CONVINCED MEN TO BECOME MORE HONORABLE.

"PERSONAL SAFETY IN THE DENTAL WORKPLACE"

COURSE OBJECTIVES:

- PREVALENCE OF VIOLENCE IN THE DENTAL WORKPLACE
- PERPETRATORS OF VIOLENCE IN THE DENTAL WORKPLACE
- PERSONAL RESPONSIBILITY WHEN OFFICE SAFETY IS THREATENED BY VIOLENCE
- PRE-INCIDENT INDICATORS (PINS) FOR AVOIDING VIOLENCE BEFORE IT ARRIVES
- OFFICE SECURITY APPLICATIONS
- PERSONNEL SECURITY APPLICATIONS
- VERBAL JIU-JITSU FORMULA FOR VERBALLY DE-ESCALATING POTENTIAL VIOLENCE
- COMPLIANCE TECHNIQUES FOR PHYSICALLY DE-ESCALATING A POTENTIALLY VIOLENT PERSON (HANDS ON COMPONENT)

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