

SELF DEFENCE COURSE

2012

eyes; ears; throat; groin;
vital self defence skills for men and woman
private, group or corporate bookings

book now!!

This **4-12 week self defence course** offers **comprehensive** methods of self defence and **equips everyone** with the essential skills and mindset to ward off even the biggest aggressor.

- Simple and effective personal protection **that works!**
- Demonstration and practice of techniques to ward off an attacker
- Stretching and relaxation exercises
- How to breathe to diminish stress
- Discover vital self defence skills tools at your disposal
- ***It is a fact that confident people are attacked far less than people who are not.***

Mixed Martial Arts International Instructor
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No previous experience necessary