



Sydney  
tai-chi, qigong &  
self defence training

# womens self defence course

eyes; ears; throat; groin;  
*private, group or corporate bookings!*



**book now!!**

This **short womens self defence course** offers the **most comprehensive** methods of self defence available and **equips everyone** with the necessary skills and mindset to ward off even the biggest aggressor.

- This is not a martial arts course - we developed this for simple and effective personal protection including anti-bullying plus womans self defence techniques - **and it works!**
- Demonstration of target areas, relaxation techniques (useful for work or stressful situations) and behavioral patterns are discussed (peripheral vision/mind of fire/hearing).
- Stretching exercises; 'live' training; kicking; striking stations
- Useful breathing techniques under stress are discussed
- This course **offers everyone** the opportunity to control their immediate environment by controlling themselves and are therefore less likely to ever need these **vital skills**.
- **"It is a fact that confident people are attacked far less than people who are not."**

**Qualified International Instructor - Larry Friedberg**

*Courses held at over past years include; Kambala/Sceggs/Queenwood/Ascham  
Kincoppal, Rose Bay Secondary College and for private and corporate  
groups and individuals*

