

Self Defence

Tailor made self defence courses to suit the needs of your group.

Practical, Simple and effective

The courses generally aim to:

- *Increase self confidence*
- *Improve fitness and stamina*
- *Increase awareness of danger*
- *Improve ability to deal with danger and conflict.*

You don't have to be fit or strong to learn - anyone can do it.

The movements we teach are scientifically designed to provide you with the best available techniques to overcome difficult situations.

All sessions are conducted by fully qualified, certified and highly experienced Instructors.

As a core program course participants usually experience:

- *Basic skills in self defence*
- *Basic strategies to deal with danger*
- *Passive and active responses to violence.*



Contact us today for an obligation free quote.

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We are an equal opportunity organisation

POWER - BEAUTY - MORALITY - SPIRIT