

Women Self Defence

Oriental Sports Academy



Practical, simple and effective courses in self defence.

The courses aim to:

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



OUR COURSES DO NOT RELY ON BRUTE STRENGTH.

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

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

As a core program course participants are usually exposed to:

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



Master Carol Halimee is a 6th Dan Black Belt, Head Instructor OSA and former President Taekwondo Australia SA Division, she a Gold Medal Winner International Pomsae Competition in Jeju Island Korea.

Master Carol will be happy to discuss with you a tailor made course to suit the needs of your group.

Contact us today on 08 82734221 or 0412 965 905.



Oriental Sports Academy
Is an equal opportunity organisation
Martial art sport



POWER - BEAUTY - MORALITY - SPIRIT