

Personal Safety and self defence workshops.




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0843 289 1632
0776 066 7658

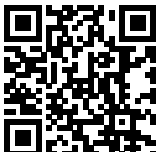









REALISTIC SELF DEFENCE TRAINING



For More Information Contact
Em or Magdy
em@combat-academy.co.uk
magdy@combat-academy.co.uk

Location **East of England, Cambridgeshire**
<https://www.freeadsz.co.uk/x-320659-z>

Choose to take control of your safety. This seminar is designed to meet women's specific personal safety needs in the streets, the workplace, and at home. In addition to teaching personal safety tactics, our goal is to empower women through knowledge of the emotional and psychological processes that take place during a confrontation. Choose to be a resource and an inspiration to other women in your life. We focus our instruction on: • Awareness and avoidance of danger and confrontation • Verbal de-escalation during a confrontation • Fear management and proper mindset during a confrontation • Simple, intuitive tactics to protect yourself when your safety is threatened Contact us to book your workshop combined with theory and psychology NLP techniques and self defence practical techniques. Price is dependent on how many people take part contact me on 07760667658 077606676...(click to reveal full phone number) for more information. ;

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