

Corporate Event Team building Self defence

SELF DEFENCE



Location

South East, Buckinghamshire

<https://www.freeadsz.co.uk/x-318090-z>



CORPORATE EVENTS/ TEAMBUILDING!! Offer your staff something different and invest in your company by investing in them. We face potential dangers everyday, although it is easy to think that will 'never' happen to you, unfortunately you could be wrong! The combat Academy teaches truly effective Self-defence techniques that work in real life situations. All of our techniques have been pressure tested and do not require extreme levels of strength, fitness, and flexibility. It is for that reason that anybody of any fitness level can enjoy and benefit from our training in a fun and friendly environment. Our training consists of: Personal Safety, the Psychology behind an attack, the method intend and how not to be a victim. The course is combined with theory, Psychology, Reasonable force & the Law, Personal Safety and practical which is ideal for everyone. To book your corporate event or team building day contact us now for more information contact [email]



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