

PERSONAL SELF DEFENCE TUITION (25 GBP)



Location

East Midlands, Derbyshire

<https://www.freeadsz.co.uk/x-496120-z>


Lesson 1. You don't have to be very strong or brave to defend yourself. Whatever is your condition you still can protect yourself because self-defence is not a combat, neither sport. It is a protocol for self-perseverance. Just like in the first aid, there is basic rules to follow to help somebody, there is basic rules to follow to help yourself in the self defence. I don't say that is so easy, but is simple and need to be exercised. And once you know it, that's give you confidence. The knowledge is power. Your fear transform to awareness and become your friend. This is what I'll train you. What to do, and train to do it until you will be able to react properly when there is a threat. What training sessions cover: How to detect the aggressor and potential violent situation. What the aggressor think and what he probably will do. The reactions in your mind and body, how the fear affect you. How to deal with yourself /because this is the most important, the fear exist only in your head/. What are the attacks that can appear and what to do about it. And than practice! All training is scenario based! The only way that you can learn effectively. The training is suitable for every individual who need to know more about how to protect him self. man, women, kid. Training can be outdoor in the park, woods or comfortable in your backyard. All the equipment is provided. The price for 2 hours is 45 £. For single hour is 25. More discounts for regular training. Michael BTEC Level 3, Self defence instructor aikidefence dot

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