


# Self defence in Milton Keynes. (25 GBP)



**SELF DEFENCE & FITNESS CLASSES**

**EMPOWERING - EXCITING - FUN  
ALL AGES - ALL FITNESS LEVELS**

**Get fit and stay safe**

- Beginners course
- Mixed adults
- One-to-one training
- Youth and kids
- Anti-bullying
- Corporate & team building

**LEARN SELF DEFENCE TECHNIQUES THAT REALLY WORK!**

**Call now To book your FREE taster session**

**FOR MORE INFORMATION AND TO BOOK A FREE TASTER SESSION CONTACT MAGDY:**

**07944 480 110**

Info@combatacademymk.co.uk | www.combatacademymk.co.uk

Location **South East, Buckinghamshire**  
<https://www.freeadsz.co.uk/x-510035-z>

Self Defence in Milton Keynes

EMPOWERING – EXCITING – FUN - ALL AGES – ALL FITNESS LEVELS!

Combat Academy is one of the leading reality based self defence providers in the uk. We cater for all levels and abilities from beginners to advance, police and security.

Our training in Milton Keynes covers:

- \* Personal Safety
- \* Personal Space awareness.
- \* Self Defence Concepts and Strategies
- \* Body Language.
- \* Verbal Commands.
- \* De-escalation and Conflict Resolution
- \* Fighting at a Distance.
- \* Close Quarter Combat Skills.
- \* Positive Restraint Techniques.
- \* Ground Fighting.
- \* Using Psychology, Overcoming Fear, and NLP techniques.

\* Physiology, Pressure Points and Biomechanics

\* Personal and Self Defence

Combat Academy in Milton Keynes welcome a variety of classes for youth and adults, including self defence, fitness, and more. All classes delivered in a safe and friendly environment, tailored to appropriate levels. All our instructors are fully qualified, hold public liability insurance and CRB/DBS checked.

For more information, please contact us:










Email: click to contact

Facebook: <https://www.facebook.com/combatacademymiltonkeynes>

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[www.combatacademymk.co](http://www.combatacademymk.co)



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