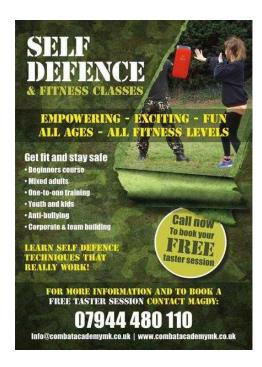


Self defence in Milton Keynes. (25 GBP)



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 Retraint Techniques.
- * Ground Fighting.
- * Using Psychology, Overcoming Fear, and NLP techniques.

