

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



www.mhhe.com/9780070672024

At York Academy of the Sciences we have a variety of classes for youth and kids, including a variety of programs. All classes are delivered in a safe and friendly environment at a safe age appropriate. All our instructors are fully qualified; hold public liability insurance and CRB/DBS checked.

For more information, please contact us:

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Email: click to contact
Facebook: <https://www.facebook.com/combatacademy.miltonkeynes>

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www.combatacademy.com



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