

AUTODEFENCE TRAINING SELF DEFENCE FOR THE 21ST CENTURY

Adult Self Defence

The need to learn self-defence is like learning to swim: you never know when you will need it. Our Self Defence is derived from a martial art which has been stripped of the need to spend years in practice, so you can gain relevant benefits sooner. Five benefits of men's self-defence



1 Skill & Aptitude

As with any skill, perseverance is needed to acquire adeptness in Self Defence. It is in no way a quick fix, and diligence is required, along with disciplined focus, to gain the ability. As any activity that requires a level of technique, you get out what you put in. Having said that, if you can really step up to the challenge, of dedicate some time, you can achieve great heights.



2 Confidence

The training at our clubs deals with self assurance with reasoning and situational training. Although there is no training method that will deal with all possible confrontations, our training will go a long, long way to help! Our principal has spent the last 42 years involved in martial arts, with countless encounters in the combative situation. He speaks from the well-worn path and takes great passion in passing down these experiences, for others to step ahead of the crowd.



3 Strength

In character, for sure one unnoticed benefit of Self Defence training is its character building. The pure honesty in having to get in-touch with your strengths and weaknesses is nothing less than great for strengthening one's own resolve. To be strong in body and mind is a most invigorating state to be in; it helps greatly in everyday life, from dealing with work issues to being challenged by a another person.



4 Attitude & Control

Two very important traits which are definitely be of great use throughout life. How can it be derived from self-defence? Well attitude is something that you learn, it could be a character trait, but certainly can be developed. A positive attitude comes with self-assurance in the ability not to allow fear to be in control. Fear itself can be your best friend or one weakening factor when confronted with a situation that needs to be dissolved. A wilful attitude and fear can be a winning combination.



5 Fitness & Health

Without underselling other elements of participation, we cannot leave the all-important fitness training, each of our clubs includes pad-work drilling: force development. Our clubs all have a programme of calisthenics, group drilling, pressure testing of techniques that all develop great cardio development over time. Simple relevant circuit training drills further develop the core. Oxygenation of the blood vessels invigorates the body to release it's natural feel good endorphins.



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