

AUTODEFENCE

TRAINING

SELF DEFENCE FOR THE 21ST CENTURY

Advanced Self Defence

Advanced Self Defence or Master Martial Art is a personal journey of achievement, one that acknowledges and deals with the shortcomings of its parent martial discipline and strengthens itself by resolve. Our programme plans have been dealing with all proximity zones, ranges and situations of combat in an orchestrated developmental manner for decades. They have definitive underpinning principles, adaptive to any situation. Advanced Self Defence – AutoDefence WingTchun



1 Concept

This martial art is defined by its principles and method. Coupled together, this idea becomes a mind map and compass for referenced action. It's very smart and very much in line with today's kinesiology studies of motor mechanics. It's unique in its simplicity and directness.



2 What you will learn

You will be taken through, step by step, each programme, slowly gaining the ability to perform the moves, then assessed on each detail, before advancing to the next stage - Areas covered:

1. Kicking
2. Punching
3. Elbow/knee
4. Grapple
5. Groundwork
6. Fitness development



3 Self Defence

By default of regular practice, the participant gains knowledge and comfort with work in the training programme. Right from the off, you will be taught functional moves and techniques that empower you to gain competence. Carefully learning and applying the methodology, you will first learn the ground-up basics moving progressively to advanced free use. Adeptness is a matter of regular practice. Over time, the skill can become innate.



4 The Journey - Self-Mastery

The ultimate challenge of any martial art is to be at 'one' with yourself. This starts with dealing and conquering the physical self. It's the process of mind and body re-integration. Lifestyles, career, studies, relationships, often fragment our personal being, outlook and contentment. The power of introspection is a quality everyone should use to find their centeredness in this worlds moving chaos. Meaning: 'to be the calm in the storm'.



5 Fitness & Health

Most of our clubs use allotted time for fitness and endurance development. Advice can be given for diet and for those interested, external exercise for cardio/strength development. The interest and passion that can be aroused by our activity can ultimately fill a void in life that you were not aware of. Whatever your wants and needs, participation in our training plan, can not only full-fill, but possibly surpass your expectations. Join us now – you will not look back!

This fact sheet is Copyright AutoDefence WingTchun Organisation. Protected under UK and International law. This fact sheet is as an introduction to ideas and concepts only. It should not be treated as a definitive guide.

www.thetrainingclub.co.uk - 0800 689 0441 - 07927 192849 - Email: info@thetraining.co.uk

