

Strike Back Defence - Real Self Defence Training for Women



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Self Defence is not just a set of techniques; it's a state of mind, and it begins in the belief that you are worth defending! Private/Group lessons available! We as women are worried! We just need to discover our inner strengths and realise how strong we actually are! (Confidence, Commitment & Determination) Instruction and Training on: Increasing your self awareness & develop a security mind set Our "Strike Back Defence" style and techniques to overcome an attack Anti-Rape - Getting your control back The use of non lethal defensive equipment Anyone wanting to be introduced to real powerful "Self Defence" Cost: R100 per person per hour For further details - Contact: Judika

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