

# SELF-DEFENCE TRAINING CLASSES

Learn how to **defend** yourself, gain the confidence and ability to **fight**, and **protect** others in this revolutionary **self-defence** system.

Threats are all around us and it's important that you know how to protect yourself and your family from potential aggressors.

Learning self-defence can help you provide family safety as well as personal security. You'll learn easy to use and apply self-defence techniques that will combat against a multitude of potential threats.

Our self-defence classes cover various topics including moral and legal rights and responsibilities, as well as defensive and safety skills.

## WHY SECUSOL?

Our self-defence courses have been designed so that any person regardless of age, gender, size or physical ability can learn to effectively deal with a violent encounter. The foundations of our system come from martial science and how the body reacts in a high stress environment.

## WHAT WILL I LEARN?

### LAW & LEGISLATION

- Learn about the law relating to the use of force.
- Learn about the most common misconceptions.

### BODY BALANCE

- Learn how the body is balanced and the weaknesses.
- Learn to take down an attacker super quickly.

### BODY ALARM REACTION (B.A.R.)

- Learn How our body reacts under stress.
- Learn to apply stress and shock to an aggressor.

### COMBATIVES

- Learn how to double or treble your punching power.
- Learn how to combine punches, kicks and knees for devastating effect.

### COUNTERS

- Learn how to get out of holds, chokes & grabs.
- Learn how to defend yourself and counter whilst on the ground.



*When training with us, we teach you how to become aware of the environment around you, as well as the legal and ethical implications of using force.*

## TRAINING LOCATION

Our main location and training base is at Le Hurel, La Pouquelaye in St Helier, Jersey, however, we train out on location too as well being able to provide personal and small group training at a client's home if required.

## TRAINING DAYS & COSTS

	WEDNESDAY	FRIDAY	SUNDAY
TYPE	PT	CLASS	PT
HOURS	18:00 - 21:00	19:30 - 21:00	16:30 - 19:00
PRICE	£30 p/h	£10.00	£30 p/h

For personal training (PT) we will accept small groups of up to 3 people per hour at a cost of £30. All classes and personal training must be booked in advance, you can book by emailing us at; [info@secusol.co.uk](mailto:info@secusol.co.uk)



**ABOUT SECUSOL** | Secusol provides safety and security solutions for businesses and individuals across Europe, our staff are fully trained, certified and have decades of experience.

## COACH MEMBERSHIPS

