



Defend International Ltd

A New Standard in Self Protection



Effective Self Protection

London Training Weekend

Saturday 8th – Sunday 9th May 2010, 10am – 4pm

Dont become a victim, empower yourself with knowledge and skills that will prevent you from becoming the target of violent crime.

Instructors

Dave Aiton, Giles Walker, Mick Petrice.

Itinerary

Day One: Hand to Hand Techniques

Day Two: Defence against weapons

How to book

Tel: 01737 350183 or 0770 2832430

Email: iradei@msn.com

Website: www.defend-international.com



ESP – Effective Self Protection

Assertive Confidence, Situational/Threat Awareness, Tactical Communications, Technique Training and Reaction Conditioning.

A unique system of Self Protection developed and delivered by British Army and UK Police Unarmed Combat and Officer Safety Instructors.

Reasonable and Proportionate Response options.