

SELF DEFENCE FOR TEENS

Learning effective and practical self-defence techniques and knowing how to avoid danger will give you confidence in your ability to protect yourself and can help empower you in everyday life.

Students will learn:

- Reality of confrontation and how to avoid it
- Situational awareness
- Contact management
- Verbal De-escalation
- Pre-fight threat cues
- Preemptive striking
- Defence against striking
- Releases from grabs, headlocks and choke holds
- Tactics against threats with weapons
- Dealing with multiple assailants

“We do not teach sport fighting. We are a 100% self defence system”.
The course will be taught by IKMF National Director Darren Luke (pictured).

FREE 8 week program.
No experience necessary.
All fitness levels welcome.
Fridays 3:30pm – 4:30pm
29 October – 17 December 2021

 **Lighthouse Rugby Club, Caloundra**

To book your spot, contact Susan

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sponsor

UNITED
FITNESS & SELF DEFENCE



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