

Sifu David

Street Self Defence Programme



Every Friday 7:30pm - 8:30pm
£5 per session

For more information and to reserve your place contact Sifu David on 07484326853

Email: sifudavidsingh@yahoo.co.uk

Website: <https://sifudavidsingh.wixsite.com/website>

What you will learn from this programme:

- Key survival skills, street intelligence
- Techniques taught; how to block against punches and kicks, escape from hair grabs, strangle holds, wrist grabs, attacks with weapons etc.
- Empowerment and personal development
- Control fear and intimidation on the streets
- Develop physical and mental strength
- Improvement in confidence, self-belief and self-esteem
- Higher energy level, positive response to physical challenges
- Emotional stability, reduction in anxiety and depression

Certificate of Achievement will be given to each participant on completing the programme