

Hosted by



and

protect
SELF DEFENCE



Best Defence

Avoidance, Diffusion and the Skills to Defend

With a strong focus on recognising and preventing violence where possible in the early stages of a confrontation, Best Defence includes training on avoidance and awareness strategies, de-escalation and diffusion, and physical defence concepts and techniques.

Protect uses a training method called 'alive', which ensures that participants receive training and skills that can be applied immediately.

No special physical training is required to take part in this real-world self-defence course. In the words of Protect founder Phil Thomson: "If you can reach up and get a glass out of a cupboard, then you are fit enough to get involved in Best Defence".

Date: Sunday 7th June 2015

Time: 10:00am – 3:30pm

Venue: Casebrook Intermediate School Hall, 100 Veitches Rd, Casebrook

Cost: \$50 (*This is a discounted price owing to Pulse Taekwon-Do's accredited trainer status with Protect Self Defence and all the profits from this seminar will be donated to the Family Help Trust – www.familyhelptrust.org.nz.*)

To register or for more information -
<http://www.pulsetkd.co.nz/protect-seminars> or call
Angela and Craig Oliver on 03 929 0067