

Teenagers Achieve Greater Confidence, Control & Safety in ANY Situation!



Anyone can learn to handle virtually any conflict with confidence & control!

In this training you will gain:

- Greater Confidence and Control
- A Powerful Voice
- Assertive communication Skills
- Awareness of the common mistakes people make in everyday situations that often get them into trouble.

Who's it for?

Schools, Clubs,

Sports Teams,

Cadets,

Scouts, Parties
with a Purpose!

This course is a scientifically developed program covering 3 crucial components for effective Confidence and Personal Safety:

1. Awareness Skills to detect and avoid the most common hostile situations
2. Verbal De-Escalation skills to talk down a hostile person, and Assertive Boundary Setting should that person not co-operatively leave.
3. Physical Escape Techniques proven to work against attackers regardless of size or physical strength!



0844 8700629

www.maxselfdefence.com

FEAR INTO POWER! Find & utilise the power of fear, not be paralysed by it.

CONFIDENCE! You do not need to be Bruce Lee to look after yourself!



In this lively, interactive journey into all types of conflict, you will learn the common mistakes that often get people into trouble, and how to overcome them.

Designed especially for teenagers who wish to be able to confidently deal with bullying, peer pressure and new challenges as they progress from adolescence to adulthood. We teach effective whole body language to ensure that you stay safe with “Real Play”. Students learn very quickly how to get themselves out of trouble without physical violence.

However if as a last resort they need to protect themselves we show them how to transform their Fear into Power by safely practising their skills full force against the **MADMAXMAN**.



MAX Self Defence can take you on the most transformational 3 hour journey into Personal Protection you will ever experience!

These courses are fantastic for Team Building – everyone goes through the same experience and is supported by their fellow students. A great learning opportunity as a social or bonding event. Contact us to learn how we can help.



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