

Everyday we leave our homes and journey through the world, we may be going to the shops, work, visiting friends, exercising etc.; by doing this we are placing ourselves in possibly life threatening situations. An aggressively violent attack can be aimed at anyone - male or female, young or old; at anytime and most likely happen when we least expect it.

My company has a 20-year history teaching Self-Defence/Awareness; we have the experience and passion to conduct Self-Defence Team Building Seminars within your workplace at a very generous cost. Most working Australians do not have the time to regularly attend fitness programs because of long work hours, time spent commuting and family commitments.

We are available to come to your workplace, you wear your normal everyday clothes and learn defence techniques that are easy to remember and really do work in comfortable surroundings without travelling from your office. We cater for any size group and note it is a hands on seminar in a controlled environment.

Do you think you or your work colleagues could defend against an aggressive attack?

Take a moment to think how your business can take advantage of this offer and how your staff will not only gain a valuable life skill but also be more appreciative of your generosity. Therefore happy healthy staff are more productive and profitable to your company.

King's Professional Self Defence

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King's Professional Self Defence



Have you ever been in a situation where you or your loved ones were in danger and you felt unable to defend them?

King's Professional Self-Defence/Awareness - Team Building Seminars

Time frame of Seminar

- Lunch break or before work seminar
- 1 hour seminar
- 2 hour seminar
- 4 hour seminar
- Full day seminar
- Weekend or any 2 Days seminar
- Personalized to your requirements & timeframe

Type of Seminar

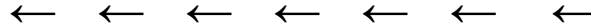
- Stand-alone seminar
- As a component of another seminar
- Regular seminar: e.g. ongoing personal training
- One of seminar
- Workplace Personal Health & Safety
- Employer Duty of Care
- Long Work, Late Finish, No Me Time!

Different Seminar Units

- Self Defence for Business Women and/or Men
- Self Defence for Primary School Children
- Self Defence for High School Students
- Self Defence for Year 12 – Pre-Schoolies
- Personal Training
- Team Building, Defence
- Basic Release Techniques
- Basic to Advanced Locking Techniques
- Boxing, Kickboxing & Thai Boxing drills
- Takedowns, Rolls and Throws
- Ground Defence - What if you fall over?
- Customer Relations and Conflict Management
- Self-Awareness, Tenets & Emotional Well-Being
- Fitness & Flexibility

Seminars / Workshops

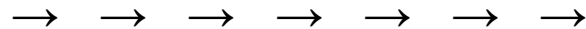
We offer seminars in the following formats



Each seminar is custom designed to your individual or group requirements. For more information please contact to organize a pre-seminar meeting and discuss requirements, costs and times.



Example: General Purpose 2-hour seminar.



The first part of the course is based on customer relations, detecting a dangerous situation and grooming a team that is strong, confident and ready to treat each patron equally. The second part is a fun team building session utilizing hands on activities based on self-defence and awareness.

2-Hour Course Outline

- **5 Min: Welcome - The Power of Your Voice.**
Teaching how to use your voice and how changing it can change your appearance.
- **10 Min: Introduction to Self-Defence & who am I**
General Introduction, who and what I am and have achieved.
- **10 Min: Awareness - Did you really walk down there?**
Understand your surroundings and what may be hidden.
- **10 Min: Tenets & Body Language - You are what you show.**
Code Black at the Podium - If you start a dispute with anger it will generally lead to violence, it is very hard to calm a situation that you have provoked!
- **10 Min: Fitness & Flexibility.**
Loosening up exercises before the hands on work, in a defence situation adrenaline takes over, but when practicing muscles need warming up.
- **10 Min: Basic Releasing Techniques.**
Teaching basic drills to break free from an attackers grasp.
- **10 Min: Takedowns.**
This is the fun bit where you get to trip and throw your workmates.
- **15 Min: Padwork Drills.**
This section can be as vigorous as the group makes it!
- **15 Min: Locking/Holding Techniques.**
Learn how simple moves can create pain, to the point of being able to pop joints and black out attackers.
- **15 Min: Ground Skills - What if you fall over?**
Just because you fall over doesn't mean the fight is over.
- **10 Min: Questions & Answers.**