

## SPECIAL LADIES AWARENESS PROGRAMME - LEVEL 1

*“5-Day Intensive - S\$625”*

Combining all the knowledge and techniques that you have learnt in Foundation level, at Special Ladies Awareness Programme – Level 1 you will have the chance to apply all your knowledge into practice, learning how to respond and deal with various situations using your self-defence skills.

Ignorance risks your life. If you are trained and well-prepared, you will be able to react to adverse situations more confidently and most importantly save your life.

Here are just a few of the things you will learn:

- How to defend against edged weapons i.e. knife;
- How to defend against impact weapons;
- How to defend against strangling;
- How to defend against hugging from the front & hugging from the back;
- How to takedown someone who is stronger than you so that you create time to escape;
- How to escape when someone submit you on the ground

You will go through a realistic ‘attack & defend’ simulation exercise under a fully protective condition. At the end of the programme, you will be more confident and appreciate your own strength and power to protect yourself when the worst case happened.

## SPECIAL LADIES AWARENESS PROGRAMME - LEVEL 2

*“5-Day Intensive - S\$625”*

What if you are facing more than one attacker? What if your legs are injured and you cannot run?

Multiple attackers made defence difficult. Your fast reaction and precision are crucial. If your legs are injured, stay low to the ground and you are still able to counter and getaway.

Here’s What To Expect:

- Challenge your stamina and fitness to the maximum;
- Learning how to defend against multiple attackers;
- Learning how to maneuver & counter on the ground;

Expect to involve in more simulation exercises. The purpose is to train up your stamina and drill the techniques into your subconsciousness so that it will become your natural reflexes, reacting spontaneously to an attack.

## DISARMING EDGED WEAPON

*"4-Day Intensive - S\$685"*

Knife is a deadly weapon. Anyone who encounters an attacker armed with a knife shouldn't take it lightly. Disarming a knife attacker requires special and constant training.

This is a specialized 4-day intensive course that train you particularly how to disarm and escape from an attacker armed with edged weapon.

## DISARMING IMPACT WEAPON

*"4-Day Intensive - S\$685"*

Besides knife, attacker may be armed with a stick or baseball bat. Although it is not as sharp as knife, but the impact of a powerful hit by a solid object can be deadly.

Defending against an impactful weapon is as tough as defending against edged weapon which require constant training.

This is a specialized 4-day intensive course that train you particularly how to disarm and escape from an attacker armed with impact weapon.

## SHOCK WITH AN EXTENDED ARM

*"3-Day Intensive - S\$685"*

Make use of your belongings or nearby items that you can find to help you. This acts as your extended arm to create greater impact or pain to the attacker.

You will learn how to use: key, torchlight, pen, belt, towel, magazine, umbrella to be your extended arm.

Be smart and creative. Improvise your own weapon when life in danger.

## LADIES SELF-DEFENCE CLOSE QUARTERS COMBAT

*"Regular 8 lessons - S\$130"*

Knowing a skill is important, but if you never practise it, it will be forgotten.

The best way to register the knowledge and techniques into your mind is through constant training and practise. Drilling the techniques into your subconsciousness, as such it will be part of your reflexes.

This is a weekly regular training that helps to build up your stamina, improve your flexibility and body coordination and most importantly drill and sink in the techniques into your mind.