

The **Secret** of **Defending Yourself** *effectively*

Imagine that you are
outside a bar when
all of a sudden, a
DRUNKEN guy
gets **VIOLENT** and
COMES STRAIGHT
at **YOU**

Every year, 100's of people suffer from shock and stress as a result of violent behaviour towards them
...unfortunately, it can take the rest of their life to recover from such an incident

The really good news, though, is that **YOU** can avoid this...

For a long time, these very techniques were only being taught in the UK and the USA, and now YOU can learn them right here in Australia!

Call Paul on 03 9532 5476 and Secure Your Place at the Next Defensive Tactics Workshop!

Programs are conducted for **Basic, Intermediate** and **Advanced** levels and start from ONLY \$240!

Places are Limited so that we can Provide Maximum Attention to our Students!

This is the ONLY Internationally Accredited Defensive Tactics Course of it's Kind Being Taught in Australia!

The Advanced Defensive Tactics training course will give you the skills and abilities to handle any situation.

"...gentle, sophisticated and elegant, yet surprisingly powerful and effective..."

Self-Defense Strategist Paul Mracek will take you through his easy to apply training, including:

- How to defend yourself in any situation whilst keeping calm
- How the human body is balanced, and how to use this to defend yourself and others
- How to overcome a sudden violent encounter and use it to your advantage
- How to strike with **DOUBLE** your **IMPACT** but only **HALF** the **EFFORT!**
- Field-tested techniques which have been proven to have the most effect
- Lots of opportunities to get the techniques right with practical exercises