

# ! FIGHT LIKE A GIRL !

## >> WOMEN'S SELF DEFENCE WORKSHOP <<

Empowering mental & physical skills for effective self-defence

*All women possess the powerful natural instinct and capacity for self- protection.  
It's time you rediscovered it.*

### What Will You Learn?

- Awareness skills to avoid bad situations
- Confidence to defend yourself
- Simple, yet effective striking skills that work
- Personal protection tips that make you less of a target at home, on the road, etc.

### Who should attend?

- Women and girls from 16 years

### What you get out of it:

- A kick-ass confident attitude to protect yourself !
- Skills that may one day save your life !
- Women **empowerment**
- Lots of fun !

### Contact us on:

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**EXCEL**  
Security  Solutions

Self defence programme designed for women and girls to learn and experience how to mitigate conflict and how to realistically protect oneself in dangerous situations.