



Gloucester/Ottawa

SELF-DEFENCE

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Demonstrations, Workshops & Private Classes

Demonstrations

We would be pleased to arrange an informative and entertaining demonstration of **basic** (and maybe even a few more advanced) **self-defence techniques** for your event, school or group. You sit back and watch while we demonstrate some of our techniques and maybe break a few boards, although we might try to get one or two volunteers involved.

Demonstrations are generally free of charge when we have the opportunity to distribute promotional material.

Self-defence Workshops

We also offer periodic self-defence workshops as well as drop-in and on-demand Saturday self-defence classes at our Kanata (Winning Circle) location. If you can't make one of our workshops or attend regular classes or if you have a group which would like an introduction to self-defence, we can usually arrange a workshop to take place at mutually agreeable time and location, be tailored to your special requirements. We provide one or more instructors, handouts and any necessary training aids. *Please bear in mind that no single workshop or class can prepare you to respond appropriately and effectively to a dangerous situation. Regular training and practice are strongly recommended.*

Private Self-defence workshop pricing:

- \$15 per person for 1 part workshop*
(approximately 1 hour)
- \$25 per person for 2 part workshop*
(up to 5 hours depending on content and number of participants)

*Based on 5 people minimum; maximum 20 participants and at least 1 instructor per 10 participants at your location. Additional costs may apply if we provide the training location.

Private classes:

Private one-on-one training: \$75/hour at a mutually agreeable time at your location. While private one-on-one training is available we recommend a private small group approach – at least on training partner so you can share the cost, but, more importantly, so you can practise together outside the class.

Private group lessons: (minimum of 2 and maximum of 5 people per instructor) where we agree on a date and time, you arrange a suitable location and the participants and we supply the instructor(s) and the training aids: \$75/hour for one instructor and \$40 for an additional instructor.