

# ***Ladies Self-defence***



***You will LEARN the following basics :***

- 1) Release from front Choke Holds
- 2) Release from Rear Choke Holds
- 3) Release from various hand Grabs
- 4) Correct Kicking defence
- 5) Pin pointing Vital points
- 6) Assessing Dangerous environments
- 7) Release from 'bear hug' -Chest & Waist

*Be taught by 7dan Tae kwon Do & Boxing Master Instructor. Fully certified 'Sports Coach & Personal trainer' Australian Government recognized & Qualified*

***Cost : \$80 per person (Mum & daughter \$120)***

*-Bookings essential to reserve a place-*

**Mobile 0411 393 503 speak to Graham Direct  
or Book at Reception Desk @ Movements Fitness**

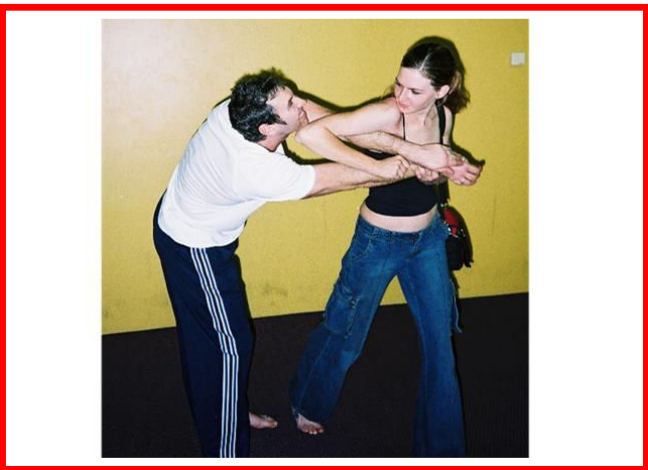
[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

[e-mail: healyshealthandfitness@hotmail.com](mailto:healyshealthandfitness@hotmail.com)

Sample of Typical ladies Self-Defence course run by Graham Healy  
Refere [www.healyshealthandfitness.com](http://www.healyshealthandfitness.com) (downloads for brochure)



Corporate Firm conducted Ladies Self Defence Course  
conducted Personally By Graham Healy



Easy to Use and remember 'Basic' Techniques  
**REMEMBER**  
**SELF-DEFENCE is like FIRST-AID**  
**THERE WHEN YOU NEED IT!**  
**FEAR**  
is a Reaction overcome by  
**TRAINED REACTIONS & RESPONCES**

## Graham's background at a Glance

Refer: [www.healyshealthandfitness.com](http://www.healyshealthandfitness.com) (home page for full detailed background)

General Choi    Master Young-Ku Yun    Graham Healy

Master Rhee

Bert Healy Qld Champ 1948

Bert Healy Snr. Pro-boxer & Coach

Master Graham Healy 7th dan

Evolution of Healy's freestyle TKD & Boxing Academy

THE BROTHERHOOD  
**INTEGRITY**  
LOVE CARE PROTECTION

30 years of Experience solid  
'real life' training methods  
Simple & Easy to Use

Email [healyshealthandfitness@hotmail.com](mailto:healyshealthandfitness@hotmail.com)

Web [www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

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