

*Side-Kick to 'hand bag' grab*



### **Why do self defense ?**

Simple really, Like **FIRST AID** its there when you Need It. Healy's self-defence systems are designed To be simple yet **EFFECTIVE**.

### **What is the course all about?**

Basically, you are taken through simple **RELEASING TECHNIQUES** that can enable you To 'Break Free' of various Locks and Holds. This is systematically taught to you over a series of weeks , building one weeks onto another until, You are tested on the last week.

### **DO you teach Aggression ?**

Keeping your 'COOL' under "PRESSURE" is what It's all about , IF you know what to do to resolve A self-defence situation quickly and effectively, Breaking **FREE** and escaping is the **KEY**. Many self-defence schools teach 'RAW **AGGRESSION**'  
I have found in my personal experience whatever You 'give out' you get back, so, I do not teach aggression as such more **CONTROL THE SITUATION** To a **POSITIVE OUTCOME** where ever possible. Cool and Calculated would be more of the descriptive Term.

### **DO I HAVE TO BE 'FIT' TO PARTICIPATE?**

**NO !** certainly not , during the **LADIES SELF DEFENCE** you are learning technique and 'HOW TO' more so than **PHYSICAL CONDITIONING**

### **WHAT IF I WISH TO CONTINUE WITH MY SELF DEFENCE TRAINING ?**

You may of course join our **FREE STYLE tae kwon Do** Classes and take up a more serious commitment to Your self-defence training is you so choose .



*'Release' from 'choke-hold '*



### **Who is My Instructor ?**

Your Instructor is **Graham Healy** , who has Had a varied background in both **Martial Arts And Boxing**. Please refer profile below:

E-mail [Healyshealthandfitness@hotmail.com](mailto:Healyshealthandfitness@hotmail.com)

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




- Professional Self-defence Instructor trained under Master Chong Chul Rhee 8<sup>th</sup> degree TKD. Master Rhee was x Korean Marine Commando and one of the 'original' Tae kwon Do Masters To Australian shores
- Trained personally by Grandmaster Yun ku Yun (9<sup>th</sup> degree TKD/YJD). I was one of his elite Instructors, one of the first Founding Instructors of Yun Jung Do Do. Grandmaster Yun was one of the Elite Masters of General Choi Founder of TKD
- Tour of Papua New Guinea Military base 1993 conducting Seminar with Grandmaster Yun on Self- defence
- Trainer of correctional officers of Townsville Correctional Center several officers attended Classes conducted by Graham Healy.
- Trained as a Amateur Boxer under Bert Healy Senior who ran a professional boxing Gym for 50 years, also by my father Bert. Healy who was Queensland Boxing Champ 1947. & Golden Gloves holder and trainer of many Champions.

**Healy's Freestyle Tae Kwon Do & Boxing Academy**

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**Healy's Self-Defence  
Certificate of completion**



*Authorized by Graham Healy*  
**7th Dan Master Instructor**

To: \_\_\_\_\_

Date: \_\_\_\_\_

Auth. by \_\_\_\_\_



**Ladies with awards at Corporate ladies  
Self-Defence**

**Movements Fitness Center**  
Opposite P.A. Hospital Buranda, Ipswich Road  
level 1 - on top of woolworths

**Training Times :**

**wed 7.30 to 9pm**  
**Fri 7pm to 8.30 pm**  
**Sat 12-1pm beginners ,1-3pm Advance**



**Putting it Altogether ?**

How does Self-defence ,stretching, and Fat loss all tie together ?

"Basic 'releasing techniques' doesn't take a great deal of physical Effort...more technical knowledge, however the 'next level up' from Releasing techniques is

Healys freestyle Tae Kwon Do & Boxing Drills this is where you learn the 'real dynamic skills & drills' and in the process your 'Stretching & Flexibility' improves greatly to accommodate the 'dynamic action'

To firm up HIPS, BUT & Thighs & Abs there is no exercise better than Martial Arts training especially for the legs & but/thighs with the Kicking techniques a large part of the training .

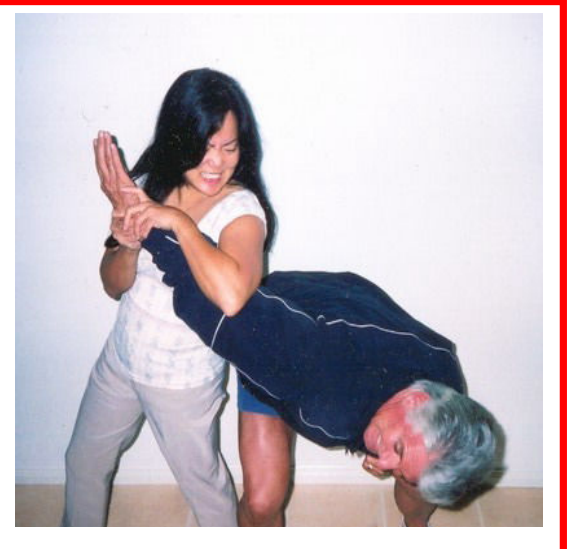
Abs, lower Back and 'core muscles' are greatly strengthened due to the nature of Kicks and Punches in 'skills and drills.

FAT LOSS is a calorie controlled process along with exercise in Healy's Affordable Personal Training programs we can work out a nutritional plan to meet your FIRM & TONE as well as Stretching & Fitness & Flexibility Goals.

This is a COMPLETE SYSTEM within itself !  
[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

# Ladies Self-Defence

**Graham Healy 7th Dan Master**  
**Sports Coach Cert (4)**  
**Personal Trainer Cert (4)**  
**Australian Government Recognized**



**[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)**  
**MOBILE 0411 393 503**

***"Self-Defence is like FIRST AID  
There when you Need it!"***

***Next Course STARTS:***

***Venue:***