



SELF DEFENCE FOR WOMEN

We aim to dispel your FEAR and empower YOU to live fearlessly

"Their Ego goes up, their Defences go down"

Our ethos:

- Prevention is better than the cure
- Self-defence is 60% psychological, 25% emotional and only 15% physical
- "Knowledge dispels FEAR"
 - Be Smart
 - Be vigilant
 - Think Survival
- Training programmes designed and delivered by female trainers for female staff to fit your work schedules

Contact Us:

Speak directly to us on
+44-1225-290210



info@rpspartnership.com

