

London Centre for Personal Safety

PERSONAL SAFETY & SELF DEFENCE COURSES FOR WOMEN

Before I joined the course, I harboured the fear and insecurity of being attacked and raped. I just cannot express strongly enough, how so very empowered I now feel. [The training] provided me with my own personal testing ground, to actually confront my fear of attack, in a secure and encouraging environment.

I don't generally go around day to day worrying about being attacked – I'm a confident person and just get on with life. But after attending a self-defence course with LCPS I'm more confident that, should anything happen, I can keep myself safe. Better still, in training, I've practiced and proved that I can handle myself!

We cover a range of realistic and effective personal safety skills including verbal strategies, awareness, avoidance and physical skills, which can be applied to a broad range of situations, both with people you know and with total strangers

Our approach to self-defence is suitable for **all ages, all levels of fitness, and all body types**. The limited size of class ensures individual attention and personalised instruction. We will adapt the physical techniques to **work with your physical needs or pre-existing injuries**. The course is taught by specially trained and experienced teams of female and male instructors.

Our approach – IMPACT self-defence

Have you previously attended a self-defence course only to have forgotten everything you learnt a week later?

There's no pretending involved – I wasn't holding back and pretending to hit one of [the padded instructors]. The adrenaline really kicks in. I was surprised – and reassured – to find that, although I'm only 5ft 2, I can knock a 6ft man down to the ground and get away safely!

Practiced **full-force** against **fully padded instructors** trained in recreating assault scenarios ranging from subtle harassment to actual physical violence, IMPACT is a self-defence training method developed to address the needs, experiences and capabilities of women. In an emotionally and physically **supportive environment**, you will learn and practice verbal and physical skills to **protect yourself** in case of actual assault.

You develop muscle memory so your body remembers the skills you have practiced. You need never doubt that you can use them again if you ever need to.

FORTHCOMING DATES

- 12th and 19th July 08
- 13th and 20th September 08

Where: The Rivercourt Methodist Church, London W6
The cost of each course is £180. Each course takes place over two days.

For more information call **020 8743 7827** or visit **www.londoncentreforpersonalsafety.org.uk**

BOOKING FORM

Women's Safety & Self-Defence Training

Great experience of empowerment and gaining confidence; safe and comforting environment.

Name	
Organisation (if applicable)	
Address	
Email	
Telephone	

Your course choice (please tick)

Date: 12th July and 19th July 08 Time: 10am to 5pm Place: The Rivercourt Methodist Church, corner of Rivercourt Rd, and King Street, London W6	
Date: 13 September and 20 September 08 Time: 10am to 5pm Place: The Rivercourt Methodist Church, corner of Rivercourt Rd, and King Street, London W6	

Returning your booking form

By email cdasilva@lcps.demon.co.uk

By post London Centre for Personal Safety, PO BOX 38883, London W12 9XP

Cancellation Policy

If you wish to cancel your place, please let us know at least seven days before the course. Late cancellations will incur a **charge of £40.00** to cover our administrative and course expenses.

London Centre for Personal Safety

To prevent, protect, empower and help recover from violence.

I am really pleased I did this. I feel lots more confident, I love walking, but I had stopped doing this. I am looking forward to going walking again.