



TRANSFORMATIONAL SEMINARS FOR WOMEN

FOCUSING ON...

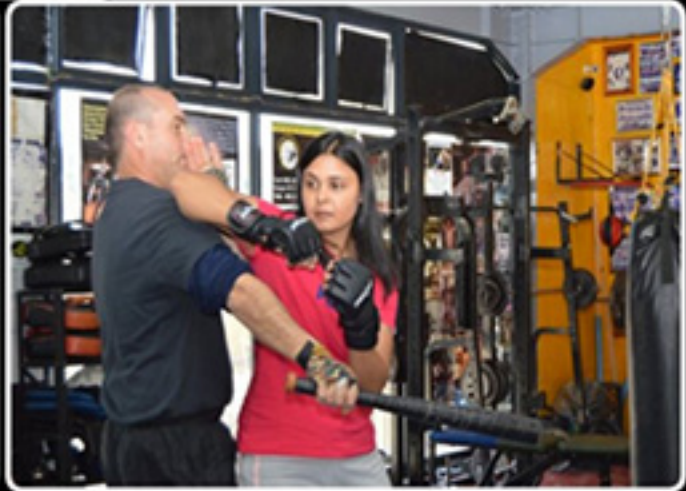
NUTRITION



EXERCISE



TAI CHI



SELF DEFENCE

DON'T BE A VICTIM. BE PREPARED.

FOR ENQUIRIES CONTACT: GERT NEL

CELL: 082 428 4333 WEBSITE: www.worldofmartialarts.co.za EMAIL: worldofmartialarts@gmail.com

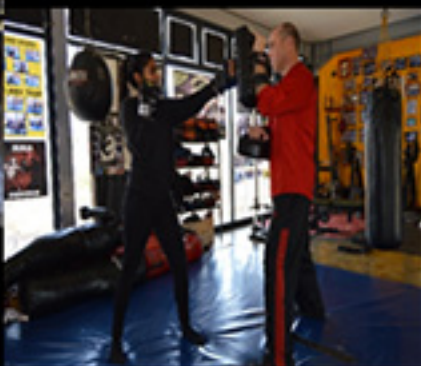
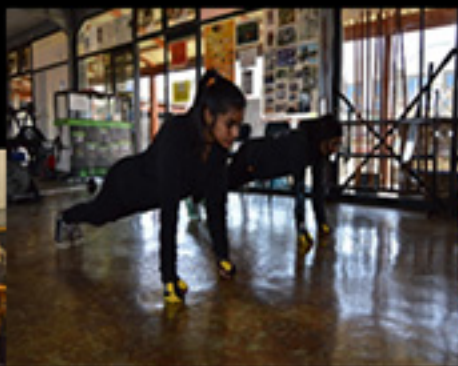
WORLD OF MARTIAL ARTS PRESENTS

TRANSFORMATIONAL SEMINARS FOR WOMEN

INTRODUCTION

The World of Martial Arts brand is synonymous with the promotion of holistic and physical training. This seminar aimed for women offers you exactly that with the focus being on Nutrition, Exercise, Tai Chi and Self Defence. It offers a holistic approach (Tai Chi and Nutrition) combined with physical training (Exercise and Self Defence). This seminar will transform your life as it will provide you with tools that you can incorporate into your daily life. These tools will enable you to:

- feel more empowered to stand up for yourself
- increase your self esteem
- deal with day to day stress more effectively and efficiently
- increase mental and physical stamina
- incorporate healthy eating in a natural way
- practical techniques to defend yourself against physical threats



WHAT WE OFFER?

- 1) Customised, client-specific workshops
- 2) On-site workshops
- 3) Affordable packages for all LSM groups
- 4) Workshop that focuses on:
 - Women empowerment skills
 - Exercises routines for all fitness levels
 - Hand to hand combat
 - Tai chi for mental strength and relaxation
 - Introduction to Weapons training
 - Simple and easy to manage nutritional programme.
 - Defensive driving courses



KETTLE BELL ROUTINE



TAI CHI