



*Interactive  
Self Defense  
Workshop*

防禦

*Self Defense*



*Tai Chi*



太極

練 *Warm-Up*



## *About Us*

World Of Martial Arts provides effective group / corporate self defence and team building programs.

Workshops are done at your premises or at a venue of your choice.

Gert Nel and Louis Beetge are passionate about their company, instructing all workshops themselves and incorporating 15 years experience in management and business.

Gert is qualified in and promotes many forms of Martial Arts, specializing in Kung Fu, Tai Boxing, Kick Boxing, Tai Chi and Tactical Weapons.

## *Workshop Structure*

- Warm Up
- Practical applications of self defense done with a partner
- Q&A on how to integrate self defense into your everyday life
- Introduction to Tai Chi
- Have Fun!



## Key Benefits

- New level of self confidence
- Building trust and relationships between staff and management
- Social interaction, comradeship and team spirit
- Group motivation
- Learning and applying effective self defence techniques
- De-stress methods and control

## Experience

### People Gert have trained under:

Sensei John Edman - Gujuru Karate

Sifu Rafi Anteby - Hung Gar Kung Fu

Demitri Blimes - Former Russian Kick Boxing Champion

Shiaan Ebron Magonu - Kyokshin Full Contact Karate

Danny Chu - Tai Chi and 8 Step Praying Mantis Kung Fu

Jose de Andrade - Senior head, Amok Knife Fighting in South Africa

Sacha Ernst - Senior head, Wing Tsun in South Africa

Mladen Bobic - Senior head Tai Boxing in South





*Contact  
Details*



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