

SELF-DEFENCE

Kata Combat Self-Defence

A no-nonsense 4 session course covering both physical and non-physical aspects of effective Self-Defence.

In a fully equipped, purpose built studio in Letchworth, the course is delivered in a relaxed atmosphere. The course is designed to raise your awareness of the potential dangers facing you and to give you the confidence to avoid them. It also focuses on the best suited physical skills and techniques required to escape danger.

Limited to 4 delegates per session, the course is intimate, personalised, and fun!

Self-Protection skills are invaluable and are an investment in oneself. The course fee is only **£59** per person for the total of 6 hours professional progressive training.

Form a group with your friends and family and learn these important life skills together!

Testimonials

I consider myself very lucky over the last few years to have known Rakesh Patel and to have had access to his teaching in Self-Defence. Whether training in a group or one on one personal training, Rakesh's instruction is excellent. I consider the one on one sessions we had over a two year period some of the best money I have ever spent on my martial arts training.

- Stuart Fielder, Stotfold.

I want to say that Rakesh Patel is a great teacher of Self-Defence, and I recommend him to those who want to learn quickly and safely.

- Ray Dexter, Singer Songwriter.

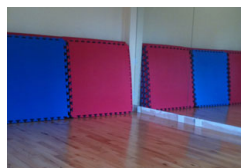


Rakesh Patel is a 5th level black belt in Applied Karate and is a registered Self-Defence Instructor with the British Combat Association. He teaches his own brand of Self-Defence & Fitness called Kata Combat.

- **One to One classes available on request.**
- **Open group class: Every Saturday 8am – 9am ONLY £5 per session! St. Paul's Church Upper Hall, Baldock Road, Letchworth. SG6 2EH.**

The "Fit 4 Life" Course

- **4 consecutive weekly sessions**
- **Each session 1.5 hours in duration**
- **Only 4 delegates on each course**
- **Increase your awareness & confidence**
- **Learn simple effective physical techniques**
- **Only £59 for entire course - 6 hours tuition**
- **Personalised material that suits you**
- **Not a martial arts class with uniforms etc...**
- **Held in a purpose built studio in Letchworth**



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