

# Self Defence for Women & Children

APS Training Group is a Registered Training Organisation (Provider No: 31588) under the Australian Quality Training Framework and are pleased to offer the following course:



**Course outline:** This Self Defence course covers all aspects of basic/easy techniques which will work for all ages and sizes of persons. The course involves theory and practical training.

**Delivery mode:** APSTG provides sessions which are run by a highly experienced professional trainer and accredited Level 2 Coach. The sessions are run to focus on your strengths and weaknesses, identifying on what to do

**Prerequisites:** There are no prerequisites for this training course, however you will need to remember that there is some practical applications which are covered. If you have any issues that may be affected by physical activity, you will need to advise the instructor

**Who should attend:** This training is designed for all women and children that wish to be exposed to techniques and theory applications which will help build confidence and focus

**Certification:** Participants who attend the complete session will receive a *Statement of Attendance*. This course **is not** nationally accredited

**Participants:** Min 8 - Max 15

**Where:** APS Training Group Facility

**Duration:** 10 x 1 hour sessions

**Cost:** Call for price

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APSTG-SD-WEB4 v3 May10