

Self-Defence Classes for Women & Girls ONLY!!!



WHEN: 5 WEEK BLOCK: Tuesday 5th March 2019 & every Tuesday until 2nd April.

WHEN: 5 WEEK BLOCK: Thursday 7th March 2019 & every Thurs until 4th April.

TIME: 7pm to 8.30pm.

Cost: 5 Week Block: £75.00 (plus PP Booking Fee) x 1 session a week

Cost: 10 Week Block: £150.00 (plus PP Booking Fee) x 2 session a week

**Cost: 5 weeks x 2 Week Block Booked in Advance: £120.00 (plus PP Booking Fee) x
2 session a week**

Pay As You Go Option (PAYG) please e-mail us for further details.

All classes will take place at:

The Edge Woodberry Grove London N4 1SN.

Contact Details: Contact Sev to book onto Tues or Thurs 5 Week Block or PAYG.

info@sevnecatitraining.com or phone

07050 614 116 (Premium Number - Charges Apply)

***Courses are also available on a private basis for younger children & young people & adults.
Contact Sev for more information.***

Feel Inspired & Be Empowered!

***"I have changed. I feel as a woman I can protect myself and I don't need a man to protect me anymore. I recommend this course to every woman who has experienced any form of attack as it will help you to gain confidence again."
Veni.***

Self-Defence Classes for Women & Girls ONLY!!!

The skills we teach help you become more confident & be street wise!
Our training is reality based street fighting for the 21st Century!
<http://sevnecati.blogspot.com/2018/08/sev-necati-worked-in-partnership-with.html>

Sev Necati has trained & learned from some of the best instructors in the UK & USA!

Some of them include:

Alan Charlton President and Chief Instructor of the Self-Protection-Association (S.P.A).

Geoff Thompson is a BAFTA winning writer, filmmaker, teacher, and self-defence instructor. He has written several books on self-help, self-defence, and martial arts.

Jamie O'Keefe the creator of New Breed Academy, author and publisher. Jamie was inducted into the 'Hall of fame' three times for 25 years of contribution to the fighting arts.

Peter Consterdine is a British martial artist who holds a 9th Dan in karate. He was a Great Britain and England international spending nine years as a regular squad member of the Great Britain Karate squad.

Pete Robins, the later and renowned Chief Instructor & Founder of of the British Combat Association (BCA) and the auto-biography of Fairbairn.

Den Brinkley overseas Coda instructor and a major authority on close-combat and authentic work combatives.

Bob Kasper, the late internationally known writer and expert combat instructor, was a former USMC Military Policeman and USAR Cavalry Scout.

Sev had the privilege of meeting the late Roy Shaw, also known as **Roy "Pretty Boy" Shaw**, author and businessman from the East End of London who was formerly a criminal and Category A prisoner. During the 1970s–1980s, Shaw was active in the criminal underworld of London and was frequently associated with the Kray twins. Shaw is best remembered today for his career as a fighter on the unlicensed boxing scene, becoming an arch-rival with Lenny McLean. Alan wrote about the great day in Fighters.

<http://www.sevnecatitraining.com/Articles/UltimateinReality.pdf>

Sev's personal experience is second to none!

Sev has dedicated more than half her life training & developing in this skill & empowering local communities!!!

"EXPERIENCE IS THE BEST TEACHER"

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