

STRONGHER



SELF-PROTECTION AND ACTIVITIES

EXPERIENCED INSTRUCTORS WHO FOCUS ON HELPING
DOMESTIC VIOLENCE & ABUSE SURVIVORS.

COUNTER FORCE

FREE TRAINING

PROVIDING TRAINING AND ACTIVITIES FOR MOTHERS AND CHILDREN
WHO HAVE SUFFERED DOMESTIC ABUSE.

QUALIFIED TO TEACH THE FOLLOWING...

KUNG FU, TAI CHI, BOXERCISE, KICK-BOXERCISE, KRAV MAGA, KNIFE/AXE-THROWING,
PERSONAL TRAINER, FILIPINO STICKS, GB ARCHERY, POETRY, TENNIS BALL DRILLS.

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