

Chwaraeon RhCT
Sport RCT

**Clubs
working in
partnership -
Self defence
training**



2 CLUBS INVOLVED

1 SELF DEFENCE SESSION

11 PARTICIPANTS

ENJOYED THE SESSION

100%

FOUND IT BENEFICIAL

100%

WOULD LIKE MORE SESSIONS

100%

FEEL MORE CONFIDENT

100%

FEEL SAFER

100%

WOULD RECOMMEND TO OTHERS

100%



I REALLY ENJOYED THE SESSION. THE TRAINERS WERE WELCOMING AND EXPLAINED THE TECHNIQUES EFFECTIVELY. THANK YOU.

THE TRAINING WAS MADE RELEVANT TO US, WAS GREAT FUN AND WE LEARNT A LOT. HIGHLY RECOMMEND FOR OTHER RUN CLUBS AND SOLO RUNNERS.

THE CLASS PROVIDE TECHNIQUES TO GET AWAY FROM AN ATTACKER. THEY WERE SIMPLE TECHNIQUES THAT DIDN'T REQUIRE STRENGTH WHICH ARE SUITABLE FOR ALL.

THE INSTRUCTORS WERE ATTENTIVE AND HELPED US TO UNDERSTAND EACH MOVE PROPERLY.



EXERCISE

PROFESSIONAL
PRACTICAL
FRIENDLY

SUPPORTIVE
INVALUABLE
INFORMATIVE
CONTROLLED

ACTIVE

BENEFICIAL

SELF DEFENCE TRAINING

FUN INCLUSIVE PERSONAL SAFETY INTERESTING
RELEVANT PROTECTION SAFER
SURPRISING TEAMBUILDING

ENCOURAGING
SUPPORT

