

FIGHT BACK

SELF DEFENCE FOR WOMEN

**What Thai-Bo
doesn't teach you**

**PROVEN DEFENCE
TECHNIQUES**

**From car park
to blind date**

**Learn from
living legends**

**REAL LIFE
SCENARIOS**



A simple and realistic defence series for women

FIGHT BACK

SELF DEFENCE FOR WOMEN

Fight back educates women of all fitness levels in self defence. Simple, easy to learn techniques are taught for real life situations. This is a must for all women who want to combat their fears and be confident in their ability to defend themselves against an attacker. Jeremy Small, an expert instructor and teacher with over 20 years of experience in martial arts, takes you through ten lessons where you learn simple, devastating techniques to defend yourself. From car park to blind date, Fight Back covers all those situations where women are most likely to be victims of an attack. Practise the techniques and gain confidence and skills that might just save your life.



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