

INTRODUCTION TO OUR BKMAA SELF DEFENCE COURSES

Bushin Kenpo Martial Arts Academy (BKMAA) is based in North Kent. Our chief instructor David Wilson is an internationally renown martial arts & self defence instructor with over 35 years experience in teaching personal protection and martial arts and is a 9th degree black belt in Kempo Ju-Jitsu & Bushin Kenpo, 6th degree black belt in Close Quarter Combat..

You do not have to be super fit to take part in our self defence classes as you may work at a pace best suited to you, all you need is to be keen to learn how to feel more safe and secure on the streets.

Our Bushin Self Defence system is based on natural movements taught slowly with fluidity to avoid the attacker plus an array of open hand strikes and kicks to annul the attack, participants will be talked through the techniques as they perform them.

David is available to teach self defence seminar at weekends and will be running 5 week evening classes at his training venue in South Darenth Kent on Thursday evening's on a regular basis. Please check our main wall for details of up and coming courses / classes.

REQUIREMENTS...

- Minimum Participants 10
- Maximum Participants 20

There are two course levels available however level 1 must be completed before requesting level 2.

Level 1 (basic). 5 hours total.

Although Level 1 is called basic the course is designed to provide you with the knowledge and tools to confidently defend against a variety of assault situations, personal safety issues will also be discussed during classes.

Level 2 (Advanced). 6 hours total.

Level 2 consists of the first lesson recapping on Level 1 then moving on to advanced focused strikes, kicks, and takedowns, plus restraint and arresting techniques.

The duration of each course is 5 to 6 hours either split into 5/6 x 1 hour sections or 5/6 hours with breaks over one day.

If you are interested in self defence classes and think you can get a minimum of 10 ladies to take part please do not hesitate in contacting the BKMAA for an informal friendly chat.

David's contact Details ...

BKMAA OFFICE: 01322 761012

Email: INFO@BKMAA.COM

Or simply contact us via facebook...