



with  
**GARY SIMMONS**  
6th Dan (WTF) Black belt



## Fun Presentations      Serious Training

**Gary's programs and presentations are education for people who have no idea of what to do in a threatening or scary situation either at work or in everyday life.**

### Basic programs include:

**'Be Safe in Your Space with NON-Violent Self Defence'** - A fun and informative 1 off x half hour to 2 hour interactive key note presentation that empowers participants to be able to *non-violently* manage unprovoked problems from the 'troublemakers' of everyday life. Ideal for conferences and training weekends. Standard program or customised for your particular needs.

**'Let's Stay Safe'** - A progressive 'hands on' program starting with an extensive 3 x 2 hour session basic course, that can be followed up by refresher sessions and more in depth intermediate and advanced programs. For staff training and team building.

**'Service with Safety'** - A tailored corporate training program designed to train management and staff about safe customer service in industries where employees meet customers in potentially stressful and dangerous situations.

**'The power of Taekwondo': An introduction to martial arts** - For body, mind and spirit. Find out why over 50 million people world wide benefit from Taekwondo training. Fun, safe and unique. Learn blocking, kicking, meditation, self defence, stretching and board breaking. Intensive training in a small group of one to four participants or as a large scale program of up to fifty participants. Great for stress release, fitness and building self esteem .

Satisfied corporate clients have said...

"... The guys have already had positive responses from your 'dealing with trouble makers' techniques".  
**Sydney Water Corporation (Civil Maintenance)**

"... Your demonstrations, followed by the groups participation in the various techniques made for a very enjoyable session". **St.George Bank** (Lending Southern Suburbs)

"... The most enjoyable, informative and useful training program our Staff and Management have ever done".  
**Caringbah RSL Memorial Club Ltd.**

"...Your Personal Safety Clinic is a big hit with our "Women on Wheels" program. We're looking forward to the next one". **Trivett Classic Dealer Network (Toyota)**

"...Very professional and responsible with an anti-violence message. Our clients enjoyed your three session Personal Safety Program immensely". **Sutherland Leisure Center**

"...Your Personal Safety Clinic was a lot of fun. You and your staff were very professional and we all learnt some very useful things". **Toyota Motor Corporation (Australia)**

"...I'm inspired, a great program I want to learn more!" - **Nicole, 30 yr. Manager**

Get in touch with Gary by

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