



DO MU  
KYOKU

## **Do Mu Kyoku self-defence classes**

When confronted with a frightening situation like a potential attack, adrenaline kicks in. While this may spark off the fight or flight instinct it can also cause people to freeze. The latter is the most dangerous, as it leaves them extremely vulnerable. The resulting trauma can leave lifelong emotional scars.

No one likes to imagine the possibility of being threatened with physical violence, but your best chance of coming out of it unscathed is to be prepared. That will put you in the strongest position to think quickly and clearly and avoid becoming a victim.

### **Our solution**

Experienced instructor, Rex Ovire, will equip you with the skills and attitude you need to stay safe when faced with an unexpected confrontation.

Through Rex's classes you will have the opportunity not only to learn key self-defence techniques but to practice them until you feel confident that you will be able to use them in an emergency.

He will also help you develop the emotional intelligence, attitude and street smarts you need to avoid having to defend yourself physically unless it's absolutely necessary.

You will learn:

- How to develop your awareness of people, places and your own self.
- How walk with confidence.
- How to size up a situation and decide on the best response quickly.
- Effective, assertive forms of communication.
- Techniques for breaking an attacker's aggressive intentions.

## **About the instructor**

Rex Ovire is a 5th Dan Black Belt karate expert, with over 35 years' experience. He is the founder of Do Mu Kyoku Karate, which means 'no limitations in life'.

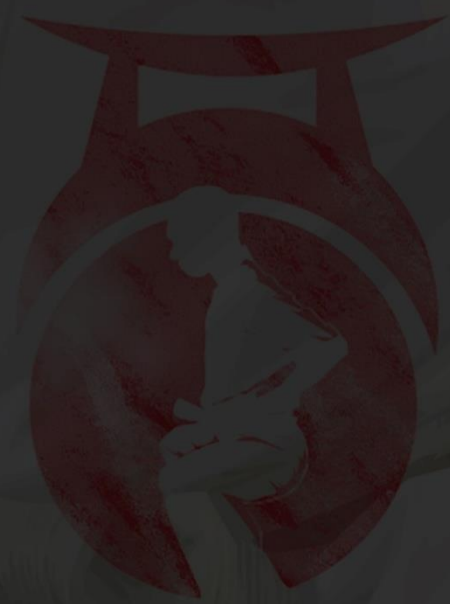
## **About the course**

We plan to run one hour-long session per week, on the day that suits most people.

The intermediate level course will run for six weeks and those who wish to continue to advanced level can carry on for a further six weeks.

Rex needs a minimum of five people to run a course and the maximum number is 15.

If you're interested, please email Rex directly at [info@domukyoku-karate.com](mailto:info@domukyoku-karate.com) and let him know which day and time would work best for you.



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