

# **DEFEND YOURSELF**

## **Accelerated Reactions Maximising Effective Defence.**

### **Intro:**

#### **What is A.R.M.E.D C.Q.C.?**

A.R.M.E.D is a self-defence system designed by Robert Devane and Declan Kidd, two of Ireland's most prominent and successful martial arts contestants and instructors.

Both have been teaching Close Quarter Combat for over a decade and have over sixty years of shared Martial Arts experience as well as security work experience.

A.R.M.E.D. has taken military hand to hand combat and refined it for application by lay people in self-defence situations.

A.R.M.E.D works on the principle of self-defence being as instinctive and effective as possible making it easy to learn and remember when the heat is on.

It works on the idea that our only goal in a street self-defence situation is safe escape from the situation.

Students will not be bogged down with dozens of over complicated blocks, kicks, punches, armlocks etc. The theory is many types of attack dealt with by a few effective reactions and escapes.

### **On the A.R.M.E.D. defence course you will learn**

**How to see an attack before it happens.**

**How to observe and predict body language of potential attackers**

**The simplest, most effective hand, foot, knee and elbow strikes to counter an attack.**

**A simple but really effective guard and blocking method that works against many different strikes.**

**A strategy for use against bladed weapons.**

**How to defend from the ground.**

**How to use everyday items that are about your person for defence.**

**How to hurt the weakest parts of attacker's body.**

**Simple drills to sharpen your responses.**



When you have completed the A.R.M.E.D Defence course you will feel more capable of defending yourself but will not be over confident and feel invincible as the course will constantly reflect on the need for rapid escape.

The next A.R.M.E.D course will be held on:

**SUNDAY 26th MAY 2019**

**10AM - 1PM. CQC A.R.M.E.D. one day course**

**Course participants will be presented with our free Info pack and certificate.**

**SALE NOW ON!**

The CQC one day accelerated learning course is *only* 34.99 euro (was 50e!)  
A small price to pay for the peace of mind & confidence of being able to defend yourself.  
Only 29.99 if 2 people sign up together online.  
Places are limited to only 20 people so as to ensure personal attention to all participants.



The full amount is required to book your place.  
Drop in a deposit to our studio or book online

**[www.cqcireland.ie](http://www.cqcireland.ie)**

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