

PROGRAM PRICE GUIDE



inc GST

1. KINDY 30 min- 45 min (20 children) \$400 Group
2. KIDS 60 min - min booking (40 children) \$880 \$20 Each
3. CHOICES 60 min - min booking (50 children) \$1000 \$20 Each
4. SELF DEFENSE 60 min – min booking (50 children) \$1000 \$20 Each
5. SPECIAL NEEDS 45 – 60 min – (30 people) \$600 Group



inc GST

1. 5 x SAFE Habits that could save your life (20 people) \$995 Group
2. Self Defence Workshops for Adults (20 people) \$995 Group

The TIPS we teach could save their life!

All programs include the SAFE MOVES – learn how to get out of the most common attack holds, avoid falling using a SAFE STANCE and avoid grabs using a SAFE SPACE. Along with shifting participants thinking by turning on their 007 eyes to quickly identify unsafe feelings, situations & people. Improved confidence through awareness education in a fun learning and sharing environment.



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