

An Opportunity to Improve Your Striking Power Beyond All Measure

Peter Consterdine's

'Powerstrike' 1 Day Course

The Unique Impact Development System



Venue:

British Combat Academy Gym
Mortimer Rise, Ossett, W. Yorks., WF5 9JH

Dates (Choices):

Sun. 23rd January
Sun. 20th February
Sun. 20th March

Peter Consterdine

Combat Coach

An Opportunity to Improve Your Striking Power Beyond All Measure

'Powerstrike' 1 Day Course

Learn in a small class the unique 'Double Hip' and it's applications in both a martial arts and street conflict situation.



With this **1 day** class limited to just **20** people, there will be a substantial opportunity to learn this dynamic impact development system, originally developed by Sensei Shigeru Kimura of Shukokai Karate fame - my great inspiration in respect of understanding and applying the most effective dynamics to not only the development of impact, but movement, transitions between techniques and speed.

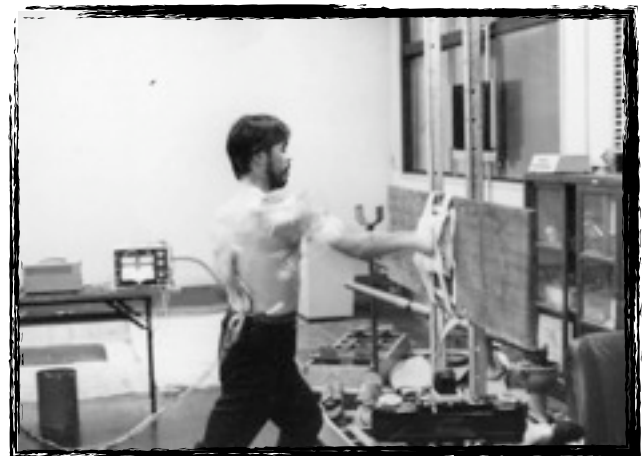
The 'foundation' techniques were originally developed by Kimura with scientific assistance from a Japanese university and included within the core Shukokai Karate system.

My Instructor, Sensei Kimura, under scientific testing conditions at a Japanese University

Over the years, however, I have refined these core dynamics to be devastatingly effective, not only in traditional Karate, but in a Full Contact/ MMA environment and particularly for 'Pre-emptive' striking in real life violent encounters and as taught to numerous UK police forces,

including Firearms/Close Protection units. Punching, slaps, elbow, combinations and delivery at speed will all be covered and more. You can fit these dynamics within your core martial arts to give real effect.

Don't miss this opportunity enrol now with a deposit (non-refundable due to restricted places) of **£75** by emailing info@peterconsterdine.com, or tel: **01924 266016**



Course Cost £125 per person, to include the Powerstrike DVD, Coaching Manual and all refreshments.

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Combat Coach