

# SELF DEFENCE FOR EVERYONE

*All courses are held with Andre Conate, a female instructor  
with over 25 years experience in Martial Arts*





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*I can't tell you how profound that experience was... what Andre did for us was shift a mindset for me just by teaching us basic moves it made me really understand that I'm not a victim, no matter what happens I can actually engage with whatever is happening and I can fight back.*

*She really showed us how. It was amazing! It just changed my mind completely and I'll never forget that experience.*

*- Jo Stanley*

*Host of The House Of Wellness*

**Courses designed to empower**





# ABOUT

Self Defence Hub was founded in January 2014 by Andre Conate, who has an extraordinary passion for people's empowerment and safety.

Looking at the Australian national statistics of crimes (particularly against women), Andre knew there needed to be a safe environment where everyone can learn self defence.

Having studied martial arts for over 25 years she felt that she was the most qualified person to bring this empowering environment to life. She wanted everyone to feel safe and capable of self protection if any situation called for it.



Andre was recently featured on Channel 10's *The Project* and Channel 7's *The House of Wellness*

## VISION

To create a fun and safe environment where individuals can empower themselves by learning how to kick butt!

We understand that participating in a self defence class can be daunting, but you can have complete confidence that we will take you through each step with thorough guidance and expert knowledge.

There are no egos in the group. We support each other and empower one another.



**Courses designed to empower**



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# SCHOOL GROUPS

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*Ideal for high schools and primary schools. Children can learn basic skills at your venue with your outcomes in mind.*



## Fun and positive workshops

We teach through fun and positive motivation to ensure your students have a great experience learning more about self defence and finding their voice in confronting situations.

Our Self Defence For Schools Program specialises in instilling a sense of self-respect, self-confidence, and a healthy respect for others into all students. Every one of our classes are designed to be enjoyable and fun with lots of great content thrown in.

**Investment:**  
From \$359

**Ideal for**  
11 people or more

**Length**  
1.5 to 3 hours  
depending on your  
group requirements

**Location**  
Your location  
(Melbourne Metro Area)

**Courses designed to empower**



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# 4 WEEK COURSE

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*A 4 week course helps to develop muscle memory and gives individuals ultra confidence to take on anything*



**Designed to give you ultra-confidence in high pressure situations.**

This 4-week course is the go-to for those who want to really empower themselves through consistent training.

We believe the best results come from empowering the individual. So, after this course you will leave feeling like you can take on the world. You will learn various essential self-defence techniques and workshop all your ideas during this course.

**Investment:**

From \$199 per person for the entire 4 week course

**Ideal for**

Groups of at least 10 people

**Length**

1 hr per class over 4 weeks.

**Location**

Your location or our location in Altona (Melbourne Metro Area)

**Courses designed to empower**





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# TESTIMONIALS

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*"I would highly recommend the self-defence course organised by the Self-defence hub. Andre was such an engaging facilitator for the young women that participated in our school holiday program. Young people felt empowered coming out of the program and learnt valuable life skills that can be implemented in their day to day life."*



-Samsam Youth Engagement Officer

*"I would highly recommend this course for all women interested in self defence. My daughter and I enrolled in a four week course run by the Self Defence Hub."*

*"Our instructor, Andre was a wonderful teacher who provided clear and useful instructions whilst creating a friendly, cooperative environment with the other students; it was both an enjoyable and empowering experience."*

- Penny, 4 Week Self Defence Course



Rhiannon Mason reviewed Self Defence Hub – 5★

Fantastic! I have learned and even taught some self defence before but Andre's enthusiasm and knowledge is second to none! Highly recommend! If you are even vaguely considering taking some self defence classes I have to say, just do it. You won't regret it!



Vivian Le'Toille reviewed Self Defence Hub – 5★

Andre is a fantastic teacher and definitely knows how to empower you! Thank you so much! I loved every minute of my class!



Ruanna Segal reviewed Self Defence Hub – 5★

Love this woman's self-defence classes. To empower woman is the start to then empowering the whole family, and then the community!

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# THANK YOU

Thank you for considering us.

We want to emphasise that we are a group of women who are passionate about women's safety. While we make great effort to make self defence courses an enjoyable experience, we acknowledge that some aspects may be triggering for participants.

We are sensitive to this fact and have resources available for them.

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## CONTACT US FOR MORE INFORMATION

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