

Defence Attack & Resolution Tactics

PRACTICALKARATE.CO.UK

WORLD CLASS INSTRUCTION WITH AN INTERNATIONAL SEMINAR INSTRUCTOR



DART is a practical modern karate system focused on self-defence.

Instructor John Titchen has taught across the UK, Europe and North America and is the author of several respected books on the subjects of Karate and Self Protection.

Our DART Karate training includes:

- avoiding and preventing aggression, abuse & violence
- de-escalating conflict
- use of force and the law
- escape strategies
- using fundamental techniques with pads
- self defence focused sparring
- edged weapon defence and escape
- reasonable force scaling and control techniques
- physical fitness, balance and mobility
- world class self protection scenario training
- leadership & coach training programme for senior grades

