

# the **BRITISH COMBAT** **ASSOCIATION**

Announces a Rare Opportunity to Train with

## **Peter Consterdine** **8th Dan**

on Saturday 15<sup>th</sup> Jan 2011 from 1:00 - 4:00

Methodist Church Hall  
Gorse Lane  
Mawdesley, Lancashire. (5 miles M6 J27)

£25.00 BCA Members, £30 None BCA Members.

*Due to limited Space this is Prepay Only*

### Course Content

*The Training Day Concept, Power-Strikes, Power-Kicks  
& Self Protection and the Law*

### Further Details contact;

Jon on 01704 823412 or Email [Jon@core-combat.com](mailto:Jon@core-combat.com)

Peter is a 8th Dan Black Belt in Karate and a former Great Britain and England Karate International full contact fighting champion. With over 32 continuous years of martial arts training behind him, Peter has made self defence a lifetime study. A former British Full Contact Champion, Peter also spent over 10 years working as a doorman in nightclubs in Manchester, England. In addition to Karate Peter has studied most martial arts, in particular Wing Chun, which study took him to Hong Kong. As a professional Bodyguard and Operations and Training Director of his own specialist Risk Management and Security Company, Peter works around the world on Close Protection operations. His book *"The Modern Bodyguard"* has become the seminal work on Close Protection. His latest book *"Fit To Fight"*, deals exclusively with fitness and high intensity training for combat. It has become the training manual for all those who are engaged in combat situations. Acknowledged as one of the worlds hardest hitters, his techniques for delivering such massive impact are contained in the two videos Powerstrike and Powerkick. With his friend and partner Geoff Thompson, Peter is Joint Chief Instructor of the British Combat Association (BCA). Established in 1993, the BCA has become the UK and Europe's leading association for the promotion of self defence and practical combat. With some 200 Registered Instructors it is at the leading edge of progressive 'self protection' and has brought common sense and street experience to the teaching of self defence by martial artists. Peter is acknowledged as one of the world's leading authorities on Personal Security and Unarmed Combat and works throughout the world giving seminars to ex-pat staff on all matters to do with security awareness. His forthcoming book *"Streetwise"* (soon to be released) will be the most comprehensive and definitive work on Personal Security and Self Defence available. Currently many of the concepts and techniques are contained in the four volumes of The Pavement Arena series of videos, produced by Peter and featuring both Peter and Geoff Thompson. These videos de-bunk the myth of the effectiveness of traditional martial arts in the street. Peter is also a regular contributor to the UK's leading military and survival magazine *Combat and Survival* and is also the technical Karate editor of one of the UK's leading martial arts magazine, *Martial Arts Illustrated*.