

ITS MORE THAN SPORT
ITS SELF-LOVE



SELF DEFENCE

AGES 7 AND UP

BE DANGER SMART

Learn to strike. Learn submissions and learn to survive. Disarm your opponent with minimal damage. if you need firearms training. We have that to.

 071 126 3072 (RYAN)

 PLATINUMBOXING.CO.ZA

LICENSED SPORTS GYM AND INSTRUCTORS

BOXING



KICKBOXING



BJJ & MMA



SELF-DEFENSE



YOGA



MEDITATION



VALUE CULTURE



»»» FIND YOUR POWER

REMEMBER ***STAY SAFE***

DON'T JUDGE

An attacker can be any gender, size, age, wealth, or description

DEFEND YOURSELF

An attack is not only physical. Learn to defend yourself against all threats.

STAY CONSISTENT

Build your strength inside and out. Build momentum and keep it. Stay strong.

HUNT IN PACKS

Build your tribe. Surround yourself with people who will protect you.

***STAY MOTIVATED, AND AVOID
COMMON PITFALLS***



What is Gender Based Violence?

Gender Based Violence (GBV) refers to any harmful act that is perpetrated against an individual or group based on their gender or that affects individuals of a particular gender disproportionately.

Physical Violence

Sexual Violence

Emotional or Psychological Violence

Human Trafficking & Sexual Exploitation

Forced Marriage & Child Marriage

Economic Violence





DON'T BE A VICTIM



DEFEND YOURSELF

Achieve fitness and strength with regular exercise, balanced nutrition, and consistency. Feel confident, energized, and live your healthiest life.





BOOK NOW

GROUP & PERSONAL

Train to be strong. Train to overcome. Self-defence and the confidence to win. Be Fearsome.



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