



The role-play approach with the masked attacker exposes the kids to threatening situations that trigger fear-based responses (freeze, panic, rage, etc.) without overwhelming the child .

We address these fears and coach the kids to direct their thoughts, strategy, and lastly, attack in a calm and focused approach. The idea is to assess and be safe, rather than attack and be overwhelmed. We provide hands-on safety and awareness training.

Parents, don't let your child become a statistic!

Be Alert!

Be Aware!

Stay Alive!



Xtreme Kickboxing Technologies

was founded in 2003 and offers a spectrum of close combat training entailing Kickboxing, MMA, Boxing, Self-Defence and Muay Thai.

With 20 clubs stretching from Gauteng to Mpumalanga and reaching the most southern part of our country, Shihan Raymond Phillips, founder, ex-World Champion and President of XKT, has taken a young style and made a mark both Nationally and Internationally with World title fighters, Kickboxing World champ medal winners, SA title winners and numerous Provincial and Inter-club titles. His expertise has also extended into specialised self-defence courses for both men and woman.

The Executive members of XKT have combined martial arts experience of more than 75 years between the 3 of them.

Shihan Raymond Phillips

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Xtreme Kickboxing Technologies



XTREME KICKBOXING TECHNOLOGIES

Xtreme Self-Defense for Kids

Life skills Programme



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Learn it. DO IT!

Why send your child?:

We offer a practical and positive way for kids to learn how to defend themselves.

We help your child to build a different way of thinking, thus teaching them not to be the victim of negative and destructive outside parties.

Specially trained teams of female and male instructors assess and address situations ranging from day-to-day boundary violation to the worst-case scenario of actual assault.

We use a non-competitive, principle-based teaching style that is accessible to all regardless of race, religion, cultural heritage or sexual orientation.

Every role-play situation is done with the utmost care with regards to your child's emotional well-being.

Training during Workshops:

- Unarmed attacks
- What is mugging and what I do to prevent it?
- How to prevent Rape
- What is my weapon?
- What to look out for and do to prevent a hijacking
- What do I do if the attacker shouts and threatens me verbally, mentally or physically?
- Safety at home



Training can be done anywhere, any time!

The Instructors:

The course is presented by Shihan Raymond Phillips and his team. Shihan Raymond has been in the martial arts and kickboxing industry over four decades. He is the founder and President of XKT, a close combat martial arts organisation consisting of 20 clubs which focuses on Kickboxing, MMA, Boxing, Self-Defence and Muay Thai.

SA and World Champion many time, and National team coach at the World Championships in Austria 2001, to name a few, had Shihan Raymond realize that the art of keeping fit mentally and physically, has to become a way of living.

Cost:

Costs are discussed based on the group size.

All workshops are quoted for on acceptance of principle and a deposit of 50% is required to secure booking.

Other:

We also offer self-defense classes for Men and Women.