



The role-play approach exposes students to threatening situations that trigger fear-based responses (freeze, panic, rage, etc.). We address these fears and coach our students to direct their attack in a calm and focused approach.



Don't 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 Woman **Empowerment Programme**



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Empowering our Women!

What we offer:

We offer a practical and positive way to defend you and your family.

We help you to build a different way of thinking, thus allowing yourself not to be the victim to negative and destructive outside parties.

We help you understand the concept of what self-defense really is.

Workshops are setup for Information share.

Detailed and practical application is given during full course modes.

Workshops are done in 4 hours.

Full courses are done over a period of 16 hours. A full course is divided into beginners, intermediate and advanced Self-Defense classes.



Training during Workshops and Full courses:

Unarmed combat
Muggings

Rape

Weapons and the law

Hijacking and prevention

Prevention of mental, verbal and physical abuse

Safety at home and work and how to apply it



Your 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, as well as choice between workshop and full course mode.

All workshops and/or full courses 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 Children.