

PHOENIX SELF DEFENCE CENTRE



www.phoenixselfdefence.com



About Us

01

Welcome to the Phoenix Self Defence Centre, your ultimate destination for mastering martial arts and building self-confidence. We offer professional training in Karate, Muay Thai, and Boxing for people of all ages and skill levels. Whether you're looking to improve fitness, learn self-defense, or achieve discipline through martial arts, we have the perfect program for you.

Our state-of-the-art facility, combined with expert instructors, provides a safe and empowering environment for everyone. Under the leadership of Sensei Anas, a passionate and experienced martial artist with over 15 years of training, we pride ourselves on developing not just strong fighters, but strong individuals.

Meet Sensei Anas:

- 15+ years of Martial Arts Expertise
- 3rd Dan Black Belt in Karate
- Certified Kickboxing Black Belt & Muay Thai Expert
- Trained in India and the UAE under renowned martial arts masters
- Has coached hundreds of students, national athletes, and celebrities
- Dedicated to teaching martial arts that promote mental, physical, and emotional growth.

Why Choose Phoenix?

02

- **Expert Instructors:** Our trainers, led by Sensei Anas, have decades of experience in martial arts and teaching.
- **Proven Results:** Hundreds of students have transformed their lives, achieving better fitness, self-defense skills, and mental strength.
- **Community:** Join a supportive and empowering community of like-minded individuals committed to personal growth.
- **Flexible Programs:** We offer classes for all ages and skill levels, with convenient scheduling to fit your busy life.



Karate

03

Develop focus, discipline, and mental toughness through Shorin Ryu Karate, one of the oldest Okinawan styles. Known for its powerful yet graceful movements, it emphasizes both physical conditioning and mental clarity. It improves reflexes, flexibility, and coordination, making it ideal for self-defense and personal growth.

Our Karate program instills respect, self-control, and perseverance. Students learn self-defense while gaining the confidence to face life's challenges with calm and poise.

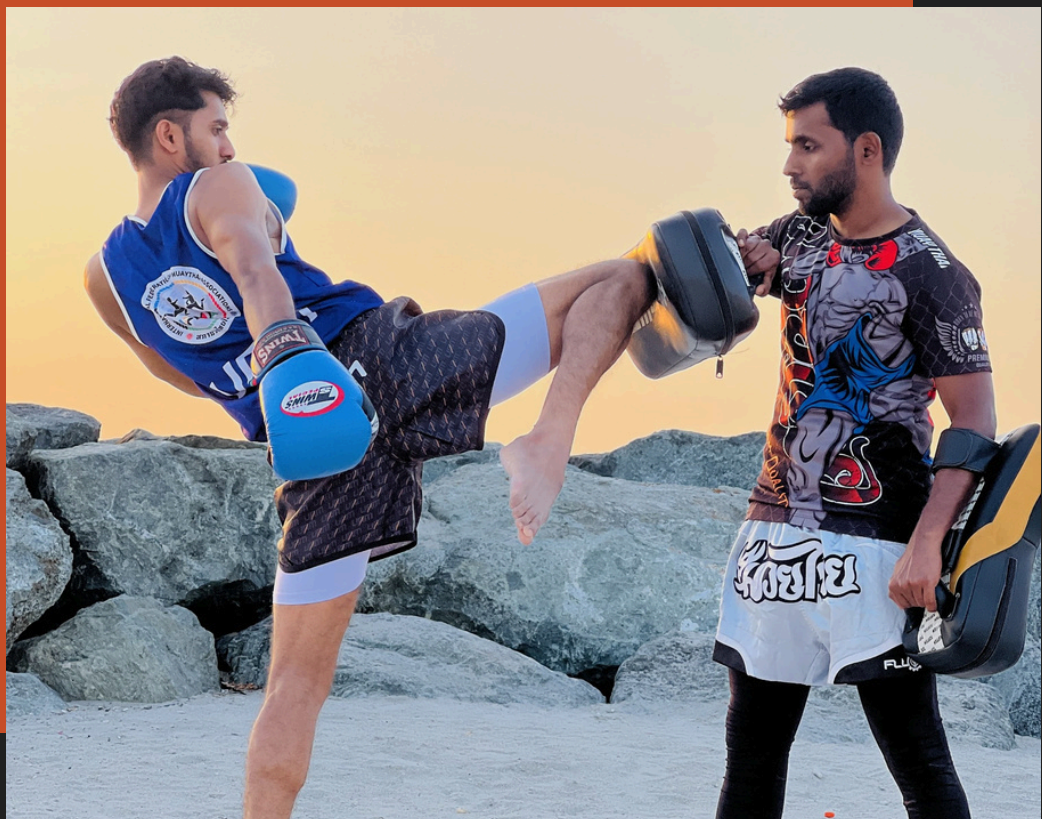


Muay Thai

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Known as the "Art of Eight Limbs," Muay Thai is a striking art that uses fists, elbows, knees, and shins in a full-body combat system. It enhances stamina, strength, and endurance while refining techniques in striking, clinching, and defense. Muay Thai is perfect for fitness enthusiasts or those aiming for competition, providing significant improvements in cardiovascular health, balance, and agility.

Our program focuses on authentic training that builds physical power, mental resilience, and self-confidence. Whether you're training for sport or personal growth, Muay Thai sharpens mental toughness and develops essential self-defense skills, ensuring you're equipped both mentally and physically.



Kick Boxing

05

Kickboxing is a dynamic combat sport that combines punches, kicks, and footwork, offering a powerful full-body workout. It enhances cardiovascular health, coordination, and flexibility while developing striking techniques and defensive skills. Whether you're looking to improve fitness or compete, kickboxing builds endurance, strength, and mental sharpness, helping you reach peak physical condition.

Our kickboxing program emphasizes proper form and technique, fostering discipline and self-confidence. Through rigorous training, you'll not only develop power and agility but also gain valuable self-defense skills. Kickboxing is perfect for those aiming to challenge themselves, both mentally and physically.



Boxing

06

Boxing is a high-intensity sport that focuses on powerful punches, footwork, and head movement, offering a challenging full-body workout. It improves cardiovascular endurance, strength, and hand-eye coordination, while sharpening reflexes and defensive tactics. Whether you're training for fitness or competition, boxing pushes you to your limits, enhancing both physical and mental toughness.

Our boxing program emphasizes technique, speed, and strategy, helping you develop confidence and discipline. Through focused training, you'll gain strength, agility, and the ability to defend yourself effectively. Boxing is ideal for anyone looking to improve fitness, learn self-defense, and build resilience in both body and mind.



Our Vision

07

At Phoenix Self Defence Centre, our vision is to build a future where individuals of all ages and backgrounds feel empowered, confident, and capable of defending themselves. We aim to foster a global community that not only values martial arts but also embraces the virtues of respect, discipline, and perseverance as essential life skills.

We envision a world where martial arts is more than just self-defense; it's a way to nurture physical fitness, mental resilience, and personal growth. By instilling these values in our students, we contribute to shaping stronger, healthier individuals who will, in turn, make society safer and more harmonious.



Our Mission

08

Our mission is to provide top-notch martial arts education that enhances both physical and mental strength. We are committed to offering inclusive programs in Karate, Muay Thai, and Boxing, ensuring each student develops skills in self-defense, fitness, and emotional resilience. Through structured training, we aim to inspire personal growth and teach valuable life lessons.

We strive to create an environment where students of all ages can thrive—whether they are beginners or seasoned practitioners. By fostering a culture of respect, perseverance, and teamwork, we help individuals gain the confidence and determination they need to succeed in martial arts and life.



Class Timings & Registration

09

At Phoenix Self Defence Centre, we bring martial arts training directly to you, ensuring that your journey is as convenient as possible. Our dedicated instructors are committed to delivering personalized sessions tailored to your preferences. Whether you want to train early in the morning, during the day, or in the evening, we offer flexibility that fits seamlessly into your lifestyle. Simply choose a time and location that works best for you!

How to Register:

We make it easy for you to start your martial arts journey:

- Visit our website to book a class or consultation
- Contact us via WhatsApp to schedule your training
- Or give us a call to discuss your schedule and preferences

We strive to make martial arts accessible and accommodating to everyone. Your progress and comfort are our top priorities, and we are dedicated to providing personalized training options that suit your specific needs and goals. Let us help you achieve your martial arts aspirations with the best training experience available!

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Join Us Today !!!



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