



Presentation FILE





1. Presentation of the Ladyfense project

“The feeling of helplessness that a woman feels when aggressed is not inevitable.”

A woman will rarely be in a strong position to face her attacker, but with a minimum of training, she may adopt a series of reflexes allowing her to get out of an attack without taking risks.



It is from this principle that Emmanuel Wilmes, Frederic Mastro and their team decided to develop a concept of self-defense, custom made for women. Defense techniques are therefore adapted regardless of morphology and strength of the aggressor.

Ladyfense training is intended as a pragmatic, accessible and realistic response to the feeling of insecurity that women may experience. The techniques taught are of efficiency and simplicity to the reach of all. In other words, no need to be built as a man to find benefit.

The team of Ladyfense trainers all enjoy a high level of skills in various martial arts and combine them with real field experience in the security community. All the instructors are also all trained by the well-known Fred Mastro.



2. The Ladyfense Offer

The Ladyfense offer comes in several different formulas to ensure the greatest possible flexibility to our clients.

Ladyfense@ Event

Every first Sunday of the month Ladyfense invites you at the Winter Games, for an afternoon specially dedicated to women. Every month, enjoy an ALL IN afternoon (drinks, sweets, etc ...) featuring an extraordinary training given by a variety of experts. The Target Ladyfense will also be present.

Ladyfense@ Work

Under incentive form or lunchtime, Ladyfense adapts himself to active women by going to their working place.

Ladyfense@ Home

Trainers go house to house to teach their techniques of self-defense.

Ladyfense@ Training Center

Many training centers have adhered to the Ladyfense formulas and ever since spend more time on the practice of this new concept.

Ladyfense@ School

Ladyfense also moves in schools, universities, and colleges.



3. Team Ladyfense



Emmanuel Wilmes – Managing Director

Security consultant approved by the Ministry of Interior, combining 17 years of experience in the security and martial practice, Emmanuel Wilmes is the creator of the company LF&Howard and Ladyfense concept.



Frédéric Mastro – Technical Director

Bodyguard of celebrities, choreographer of fight scenes for the cinema, but also a trainer for elite services globally, Frederic Mastro is a leader in his field. He supervises all of the Ladyfense instructors.



Carlos Vaquera – Trainer and Supervisor

Besides his work as an animator on the two largest national TV channels and his talents as a magician, Carlos Vaquera also has 30 years of experience in martial arts. That is why he decided to put his experience in the training of instructors.



Thibaut Désirant - Supervisor



Catherine Peeters - Victimologist



Laurent Baus – Logistics Manager



Chloé Platteau – Executive Assistant



4. They talked about us

Important media coverage



Femmes
D'AUJOURD'HUI

aufeminin.com



5. Contacts

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