



**Proximate Combat System**

*Fitness 2.0*

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Who we are

Our work

Our Chief instructor

Our programs

Our clients

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# Proximate combat system

*What does it mean*

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# Proximate combat system

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Proximate Combat System is an effective reality-based Self Defence & Fighting System developed by Mr. Rajesh Dadhwal. This system is unique as it draws from and builds upon the training methods deployed by the special forces. This has been made relevant to the modern lifestyles and threats.

The system combines training the body as well as the mind - Some situations require you to have some degree of physical training, other might need you to master verbal and psychological skills.

In dire situations, *a little knowledge and a little skill can save your life.*



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# Chief instructor

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Mr Rajesh Dadhwal

Ex-training officer SPG and NSG



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# At a glance

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Mr. Dadhwal has trained thousands of officers at the elite Special Protection Group (SPG), which is the executive protection agency of the Government of India *responsible for the security of the Prime Minister of India* and other high level dignitaries. He has also worked with and trained at various high level agencies *internationally*. He has *trained the elite commandos responsible for protection of the heads of states in India and abroad*. He has been part of 'Close Protection Team (CPT) & Training' department for over 10 years at SPG.



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# Qualifications

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- ❖ KAPAP Instructor
- ❖ IKMF certified Krav Maga Instructor
- ❖ UNMIBH: Bronze Medallion (Protection Group : United Nations)
- ❖ Certified Military Instructor
- ❖ Certified Law Enforcement Instructor

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# and...

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- ❖ Certified in Bio-mechanics Resistance Training – USA
- ❖ Certified in Latest Weapon Training – BELGIUM
- ❖ Specialist in Women's self defense training
- ❖ Certified in Mixed Martial Arts
- ❖ Certified in Brazilian Jiu Jitsu
- ❖ Certified in Kickboxing

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# In a nutshell

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Over  
**32** Years of  
experience

Over  
**1000**  
professionals  
trained

Over  
**11**  
Qualifications



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# Our programs

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## Israeli Self Defence

For  
Women | Men | Children

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Special program for  
Women Self defence



## Combat Fitness

PCS training combines

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Kick Boxing

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Kapap

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Muay Thai

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Zumba



## Security personnel training

PSO/Bodyguards

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OPS Driving

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VIP protection

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# An ugly truth

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- ❖ Molestation in cabs
- ❖ Eve teasing
- ❖ Stalking
- ❖ Sexual assaults in clubs
- ❖ Rapes

All these incidents happen every single day in different parts of the country. Working women are soft targets and vulnerable to all these offences on any given day.



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# What can we do about it?

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- ❖ Sit and cry?
- ❖ Scream for help?
- ❖ Blame the government?

Or...

- ❖ Know how to avoid
- ❖ Know how to neutralise
- ❖ Know how to fight back

We equip women with certain techniques that allow them to use their surroundings, and handy basic accessories, as weapons at the time of attack.



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# What can we do about it?

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We equip women with certain techniques that allow them to use their surroundings, and handy basic accessories, as weapons at the time of attack.

Our fight-back program puts  
*Your protection in Your hands!*

# Our clients



Energy for India



VALUE INFRA  
Infrastructure | Real Estate | Engineering

Value in everything we create!

RELIANCE

RSA



And a dozen more





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Get in touch

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