



# TAKTIKAI ÖNVÉDELEM

*Zseli Dávid /Tactical Self-Defense/*







What would you do if you had just seconds to react in a dangerous situation?

Would you  
**FREEZE** or **REACT**?





# AWARENESS

In our everyday lives, numerous dangerous situations can arise, which, if detected in time, can often be easily avoided.

The Tactical Self-Defense training system places great emphasis on psychological and tactical preparation, ensuring that panic does not take over in a dangerous situation.

Our goal is to ensure that participants in our training sessions handle unexpected situations with confidence and preparedness, whether it's a stressful scenario or even a dangerous situation.



# OUR COURSES

We strive to tailor our training programs to current needs so that almost everyone can find the most suitable training program for them



## Regular trainings

The proper application of self-defense techniques requires a lot of practice and attention, which is available in our regular classes



## Corporate trainings

Our personalized theoretical and practical training sessions offer exciting programs for corporate events



## Special courses

There are situations that we cannot practice in our regular trainings and require a special environment or equipment



# EVENTS WHERE A LITTLE VARIETY IS WELCOME

Through thematic workshops, we can connect to many topics that support participants' multidimensional understanding

Learning together and trying things out on each other requires a higher level of trust, all in a completely unusual life situation that requires adaptation!

**Family day**

An excellent program opportunity to introduce families to self-defense and break down preconceptions related to aggression

**Workshop**

**Leadership summit**

Situation assessment, decision-making ability, prioritization, stress management? As a leader, the daily use of these skills is essential—just like in self-defense

**Team building**





# OUR VALUE PROPOSITION FOR CORPORATE CLIENTS



## Applicable knowledge

Through the combination of our theoretical and practical training, we provide knowledge that can be applied immediately.



## Team spirit

Group learning is not only more enjoyable, but also more effective when it comes to self-defense. A multidimensional approach benefits everyone.



## Casual atmosphere

Learning is best when we enjoy the process. In a relaxed setting, the good mood is never missing.





# ABOUT ME

"Since 2009, I have been involved in various forms of self-defense, which led to the creation of Taktikai Önvédelem.

I can confidently say that it is one of the leading self-defense systems in the domestic market, having helped hundreds of students recognize dangerous situations, manage the internal processes triggered by stress, and make appropriate decisions.

Throughout my career, I have had the opportunity to gain several years of experience as a leader in the private sector, so I am well aware of the challenges employees face in everyday life."



**DAVID ZSELI**  
SELF-DEFENSE SPECIALIST



# REFERENCES



MVM



**MOL** HUNGARY  
MEMBER OF MOL GROUP



 MOLGROUP







**Thank you for your  
attention!**