

PRAMEK

WHAT MAKES PRAMEK DIFFERENT?

WE ARE ABOUT THE INDIVIDUAL, BECAUSE SURVIVAL IS INDIVIDUAL.
WE GIVE YOU TOOLS TO CREATE YOUR OWN METHODS.

WE TEACH EFFICIENT MOVEMENT AND THEORIES - NOT TECHNIQUE.
WE CREATE AN ADVANCED STUDENT ON DAY ONE. OUR STUDENTS MOVE FASTER, USE LESS ENERGY, AND ARE MORE POWERFUL BY DESIGN.

WE TEACH REALISM BECAUSE CRIME DOES NOT HAPPEN ON GYM MATS.
WE COMBINE DECADES OF EXPERIENCE, SIMPLE TO LEARN METHODS, AND YOUR NERVOUS SYSTEM TO ADDRESS THE REALITIES OF COMBAT.

BEFORE YOU CAN CONQUER A FOE - FIRST CONQUER YOURSELF.
IN PRAMEK, YOUR GREATEST FOE IS YOU. ONCE YOU CONQUER YOUR OWN FEARS AND HABITS, AN OPPONENT OR ENEMY BECOMES EASY.

CONTROL THE BODY & MIND - DO NOT BE CONTROLLED BY THEM.
DO YOU CONTROL YOUR MIND & BODY, OR DO YOUR MIND & BODY CONTROL YOU? LEARN HOW YOUR MIND AND BODY FUNCTION UNDER STRESS - AND HOW TO CONTROL THEM.

THERE'S MORE TO THIS THAN PUNCHING SOMEONE IN THE FACE.
GETTING UP OFF THE GROUND OR PICKING UP YOUR CHILD, LIFE SHOULD BE PAINLESS. MARTIAL ART IS MORE THAN SELF-DEFENSE; IT IS SELF-DISCOVERY.

YOU ARE YOUR BEST TEACHER - YOUR OWN BEST STUDENT.
MANY MARTIAL ART SYSTEMS SIMPLY WANT YOU AS A STUDENT - FOREVER. PRAMEK WILL EDUCATE YOU ON HOW TO BECOME A BETTER TEACHER TO OTHERS, AND YOURSELF.

THERE ARE NO SECRETS - WE ARE ANTI-SECRET, ANTI-CRAZY.
PRAMEK USES SCIENCE AND EXPERIENCE TO HELP MAKE A BETTER ATHLETE, SOLDIER, MARTIAL ARTIST, YOGA PRACTITIONER, RUNNER, ETC. YOUR LIFE AND BELIEFS ARE YOUR BUSINESS. WE DO NOT PROMOTE ANY THEOLOGICAL OR RELIGIOUS BELIEF.

COME TO PRAMEK.COM, CHECK OUT OUR BLOG, WATCH VIDEOS,
READ MANUALS AND FORUMS, AND LEARN TO **CONQUER YOURSELF.**

