



Discovering Goodness®

STREET DEFENCE FOR WOMEN

Empowerment through soulful strength

Unlock your inner strength and confidence. This program combines practical street defence techniques with emotional resilience and soulful empowerment, guiding you to live fearlessly and authentically.



Introducing the Discovering Goodness® Street Defence System for Women

My name is John Bedwany. Over the past 40 years, I've trained with grandmasters across the world and taught martial arts with a strong focus on supporting well-being — mentally, physically, emotionally and soulfully.

I taught my adult daughters martial arts from a young age — and today, they are elegant, empowered women living through their soul speak.

This system is now available to all women. It's simple to learn, internalise and apply — designed to teach you how to:

- Defend yourself physically
- Manage negative energy
- Stay emotionally centred
- Live confidently and authentically.



Website

Use the QR code to go
to the website

What You'll Learn : The 14 Principles of Soulful Empowerment

These principles are the foundation of the program — guiding beliefs that build personal power, emotional strength, and inner peace. They're here to support your journey to greater confidence, clarity, and resilience.

- Fighting and Loving Mindset
- Conflict Resolution
- Grab Evasions
- Fajing
- Silhouette Awareness
- Circle of Defence
- APE and SSA Principles of Defence
- Loaded Weapons
- Practical Applications
- Critical Strikes
- Impact Training
- Everyday Weapons
- Probable Attacks
- Stay Away From Situations

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