



Screen Combat & Conditioning Specialist

“Training actors/actresses in the art of screen combat whilst developing the appearance required for the role using effective personal training techniques”



Colin Lee Berry

Street Defence Chief Instructor & Founder

Advanced Screen Combatant

Commando Krav Maga Instructor

Celebrity Personal Trainer

Street Defence Chief Instructor & Founder 2009-Present

I have developed the Street Defence system using all of my knowledge as self defence instructor along with all the martial art I have studied over the years – Krav Maga, Systema, Shaolin Kung Fu, Jeet Kune Do and Tae Kwon Do. I continually evolve the Street Defence system to keep it as the most elite system around the world. All the techniques are simple, quickly executable under extreme pressure and, crucially, work against bigger and stronger opponents. The system is easy and quick to learn and is based on natural and simple movements

that can be remembered and are 'triggered' by the body's natural reactions to attacks and threats. Therefore Street Defence is ideal for action sequences and actors/actresses who have never studied any form of combat.

Advanced Screen Combatant 2011- Present

The British Action Academy provides the highest level of industry approved screen action training. After completing the training, I am skilled in the following disciplines for screen combat:

- Unarmed Combat
- Gun Disarming
- Knife/Dagger
- Double Handed Sword
- Nunchucku
- Gladius
- Spear & Shield
- Sword & Shield
- Bo Staff
- Chained Weapons
- Cutlass

Commando Krav Maga Instructor 2007-Present

Commando Krav Maga is considered by many experts to be the most evolved and effective Israeli hand-to-hand combat system in the world. Founded by Moni Aizik, a former Elite Commando of the Israeli Special Forces, Commando Krav Maga is the ultimate reality-based system engineered for the most brutal and vicious street confrontations. This system can be used for hard hitting/secret agent style TV/Film productions.

Celebrity Personal Trainer 2001 – Present

I have developed a business with all of my coaching qualifications as a mobile personal trainer with an array of clientele including Jamie Redknapp. All my training sessions are specifically designed for the individual to get them into the best shape in the quickest yet safest time possible. Training can take place at the client's house, hired gym facilities or at the film studios. Here is one of my testimonials:

Jamie Redknapp

"Since starting training with Colin, not only do I feel a lot fitter and stronger, I feel that I am in the best shape of my life".

Contact Details

Mobile Phone Number: 07919 350290

Street Defence Web Site: www.streetdefenceuk.com

Personal Training Web Site: www.colinleberrypt.co.uk