

THE
POWER OF ONE
PROJECT 

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changing lives
reducing crime

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Believe in yourself.
Believe in your own
potential for greatness.
Believe that you can
change the world.
It is something that is
within each of us.
Believe in the
Power of One.

EVAN TANNER 1971 - 2008
FORMER WORLD MIDDLEWEIGHT
CHAMPION

FOR MORE INFO

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LOTTERY FUNDED

Nacro is a Registered Charity, no. 226171



The **POWER OF ONE** is a three month bootcamp course which gives young people the chance to train like a professional combat athlete in the most exciting, fastest growing sport in the world,
Mixed Martial Arts.



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MIXED MARTIAL ARTS

WHAT'S IT ABOUT?

- ✦ Discover yourself
- ✦ Release your potential
- ✦ Learn and earn respect
- ✦ Increase your fitness
- ✦ Appreciate others
- ✦ Discover self belief
- ✦ Empower yourself
- ✦ Gain the art of discipline
- ✦ Unleash your hidden talents
- ✦ Change your life

PROJECT AIMS

Our aim is to deliver a unique, progressive and intense exercise programme, incorporating functional fitness and mixed martial arts in order to help reduce offending, strengthen character and build respect and discipline for young people with challenging behaviour or an offending history.

Educational elements will cover crime, gangs and good citizenship.

TRAINING PROGRAMME

The initial programme will be three phases and at each stage a different coloured wristband will be awarded, thus promoting and encouraging progression.

Each phase will be a minimum of one month long, or tailored to an individual's needs.

