



SUMMER TRAINING

KRAV MAGA STREET SMART COURSES

AUGUST 2022



Practical + easy to learn self defence to help build awareness and confidence



Mon 1st Aug:

Defences against grabs/holds

Wed 3rd Aug:

Defences against knife threats/attacks

Thu 4th Aug:

Defences against attacks on the ground

3.30-4.30pm:

School Yrs 6-9

5.00-6.00pm:

School Yrs 10-13

£15

per course

Book single or multiple courses (days)

Open to newcomers and regulars

Contact us to book



SUMMER TRAINING

BOXING COURSE

FOR PARENTS & KIDS

£30
One adult +
One child



Wednesday 10th Aug 2022
3-4.30pm

Pro boxing coach Ric will teach parents and kids (school yr 1 and above) how to train together.

Safe padwork, use of hand wraps, combinations + all in a fun atmosphere to inspire less sofa, more training!

CONTACT US TO BOOK



Dynamic Self Defence Academy, PH House, Alderton Crescent, Hendon, NW4 3XU

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