

WOMEN'S SELF DEFENCE

4 WEEK COURSE



***DEFEND AGAINST STRIKES, KNIVES,
GRABS & ATTACKS ON THE GROUND***

FOR BEGINNERS & REFRESHERS

9.30-10.45am

MONDAYS
11TH MAY - 8TH JUNE
(not 25th May)

THURSDAYS
4TH - 25TH JUNE

DYNAMIC SELF DEFENCE ACADEMY
ALDERTON CRESCENT, HENDON, NW4 3XU

8.00-9.15pm

MONDAYS
11TH MAY - 8TH JUNE
(not 25th May)

ONE STONEGROVE COMMUNITY CENTRE
HAYLING WAY, EDGWARE, HA8 8BN

YOUR BEST PROTECTION IS YOU....

£75

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dynamicselfdefence.com/book-course