

Self-defence for everyone (10 GBP)



SELF DEFENCE FOR EVERYONE

An amazing chance to take part in one of our self defence boot-camps in YOUR AREA...

KIDS ANTI-BULLYING MIXED GROUPS BEGINNERS OR ADVANCED

Learn self defence that REALLY WORKS
Make LOADS of new friends
HAVE A SERIOUS AMOUNT OF FUN
ANY AGE OR FITNESS LEVEL - FITNESS - WEIGHT LOSS




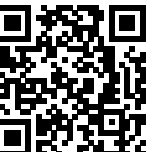






PSYCHOLOGICAL SELF DEFENCE & BODY LANGUAGE
VOICE COMMANDS - WHAT TO SAY AND WHEN
THE MOST EFFECTIVE PHYSICAL TECHNIQUES
BEGINNERS OR ADVANCED

CONTACT EM 07760667658 or 08432 891632
Magdy 079444 80110
Email: Em@combat-academy.co.uk
www.combat-academy.co.uk

Taster Session Available Contact Us To Find Out More

Location **East of England, Bedfordshire**
<https://www.freeadsz.co.uk/x-202571-z>

The Combat Academy teaches truly effective self-defence techniques that work in real life situations. Combined with mixed martial arts and military fitness All of our techniques have been pressure tested and do not require extreme levels of strength, fitness and flexibility. It is for this reason that anybody of any fitness level can enjoy and benefit from our training. Classes Every Saturday at 10am Furzton Lake Milton Keynes £10 pay as go. Contact me to book your

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