

Self-defence half day course for everyone (25 GBP)

BEGINNERS SELF DEFENCE

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

Learn self defence that REALLY WORKS

Make LOADS of new friends

HAVE A SERIOUS AMOUNT OF FUN...
HALF DAY COURSE AND CERTIFICATE
ANY AGE OR FITNESS LEVEL - FITNESS - WEIGHT LOSS

£25
INTRODUCTORY
SESSION

The Combat Academy's unique system combines the best from a range of different martial arts and unarmed combat techniques which you will learn in one course.

PSYCHOLOGICAL TECHNIQUES
VOICE COMMANDS
TRULY EFFECTIVE TECHNIQUES
DESIGNED FOR COMPLETE BEGINNERS

Em 07760667658
www.combat-academy.co.uk

Location **East of England, Cambridgeshire**
<https://www.freeadsz.co.uk/x-320666-z>



Self defence half day course combined with theory and practical. Ideal for everyone regardless of age, gender and level of fitness. Personal Safety confidence building realistic self defence techniques. Train in a fun friendly environment. Contact us for more information



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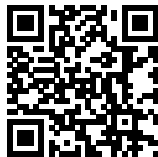
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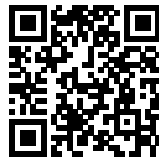
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