

# LADIES SELF DEFENCE CLASSES FOR ALL AGES (10 GBP)



Location **South East, Kent**  
<https://www.freeadsz.co.uk/x-587877-z>

New ladies self defence lessons available locally for women all ages & all fitness levels you will be taught by Andy Fox a 5th Dan black belt with 25yrs experience in teaching both men & women choose either mornings or evenings to train we will teach you how to

- \* Break strong holds without struggling
- \* How to immobilize attackers far larger than you
- \* How to utilize pressure points effectively
- \* Restrain them with one hand while you phone for help
- \* Employ clever strategies that you would never think of

Our course is 20 lessons of 2 hours long & non strenuous

We are located in two places

Tonbridge...At Clear space yoga 7 Tollgate buildings Hadlow Road TN9 1NX

Borough Green Village hall in the High street TN15 8BJ

For a FREE consultation or to book a course call txt/voice mail us for lesson times











We can offer discounts for friends & family pay as you go or split payments upfront

We can boost your confidence reduce your vulnerability & after our course you will own the feeling of having an invisible security guard with you 24/7

Call anytime 07703 642808 07703 6428...(click to reveal full phone number) we will reply to all messages asap

WE HAVE PLACED LEAFLETS OUTSIDE AT BOTH OUR LOCATIONS FEEL FREE TO SHARE THEM

WITH ANYONE YOU KNOW

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