FreeAdsZ.co.uk

LADIES SELF DEFENCE CLASSES FOR ALL AGES (10 GBP)

Location **South East, Kent**
https://www.freeadsz.co.uk/x-587879-z

Starting date 6/3/2018 Ladies self protection lessons every Tuesday morning 10:00 till 12:00 am at the village hall in Borough Green & now based at Clear space yoga, post code TN9 1NX on the Hadlow Rd Tonbridge parking in Mill lane next to us.

Andy Fox is a 5th Dan master in two martial arts currently teaching there every wed evening from 18:00 till 20:00 in the large hall.

The benefits are as follows
Increased awareness
Subdue far larger & stronger attackers
Immobilize anyone single handed to summon help on your phone
Boosting your self confidence
Conquering your fear to prevent freezing in the face of danger.

With a few easy to remember techniques you will gain an invisible demeanour that will stand up to any attackers assault including multiple attackers plus what to do if your trapped or if someone is sitting on top of you in a rape situation.

So either visit us on any wed evening or txt us on 07703642808 077036428...(click to reveal full phone number) for details, the course is 20 lessons of 2 hours long, tell your friends & family as anyone could benefit.

To train just wear appropriate clothing.

All ages and abilities will be considered and classes tailored to your fitness level. Call or txt us for details on split fees & discounts we promise you will not regret it if cost is the only thing holding you up then lets spread your fees over the course so you don' miss out once more our No is 07703 642808 07703 [illegible] (click to reveal full phone number) [illegible] available [illegible] now and [illegible] than [illegible] ever seen before and we can GUARANTEE [illegible]

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