



**WOMEN'S SELF-DEFENSE SEMINAR
NO EXPERIENCE REQUIRED AND ALL AGES WELCOME!**



**TAUGHT IN A SAFE AND FRIENDLY ENVIRONMENT
MEMBERS AND NON-MEMBERS ARE WELCOME**

- **AWARENESS TRAINING**
- **VERBAL SELF-DEFENSE**
- **EMPOWERING ROLE-PLAYING**
- **USE ADRENALINE TO YOUR ADVANTAGE**
- **EFFECTIVE SELF-DEFENSE TECHNIQUES**

**TO SIGN UP OR FOR MORE INFORMATION
PLEASE ASK AT THE RECEPTION
SIHING PAUL & SIJE MARTINA**

MEMBERS AND NON-MEMBERS €39,-