



**SAT 14
MARCH
2-5PM**

FEMALE SELF DEFENCE COURSE

AGES 14+ HEMEL HEMPSTEAD



Learn practical self-defence skills, awareness, strikes, and escape techniques in a ladies-only, supportive environment. No experience needed!

- ✓ Learn Personal Safety Strategies
- ✓ Learn easy and effective strikes
- ✓ Learn easy releases from grabs
- ✓ Gain knowledge & confidence
- ✓ Ages 14+

**Saturday 14 March
2-5pm
South Hill Primary School
Heath Lane
Hemel Hempstead £40pp**

BOOK YOUR PLACE NOW

www.btkd.co.uk