



**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!**



**Saturday 14 March  
2-5pm**

**South Hill Primary School  
Heath Lane**

**Hemel Hempstead £40pp**



**Learn Personal Safety Strategies**



**Learn easy and effective strikes**



**Learn easy releases from grabs**



**Gain knowledge & confidence**



**Ages 14+**

**BOOK YOUR PLACE NOW**

**[www.btkd.co.uk](http://www.btkd.co.uk)**