



SELF DEFENCE



Now that it's getting darker and winter is drawing in do you feel safe walking alone at night? Have you ever been threatened with physical violence?

Would you like to feel more confident and improve your awareness of potential risky situations?

Would you like to feel that you could take steps to defend yourself if the need arises? Would you like to be the one who walks away?

WE ARE PRESENTING A NEW 5 WEEK MULTI SKILLED SELF DEFENCE COURSE FOR BEGINNERS

STARTS TUESDAY 7TH NOVEMBER AT HIGH GREEN MINERS WELFARE HALL AT 8PM

Suitable for ages 13 and above and all levels of fitness, under 15s to be accompanied by an adult

This includes

- Basic risk assessment skills and tips on how to prevent situations worsening
- Basic self-defence techniques
- Strikes, locks, restraints and control of the attacker
- Potential to advance further at the end of the course



For further details call Ron or Susan Carter on 0114 2845063 or 07952 631810. You can also find us on Facebook www.facebook.com/HighGreenMartialArts/