

Sphere Self Defence- Self Protection classes

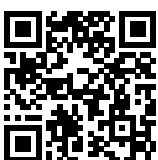


Location **East Midlands, Derbyshire**
<https://www.freeadsz.co.uk/x-164801-z>



Sphere Self Defence- Self Protection classes, -Have you ever seen the news and worried about the level of crime and personal attacks on people?-Have you ever been in a situation where you felt vulnerable, directly threatened or intimidated by someone?-Are you in a profession requiring you to offer levels of defence or protection?Sphere Tactical Training classes will increase your self confidence, with simple to learn tactical skills in a weekly self defence class. There are also personalised one to one sessions available, for a more tailored approach if preferred. The friendly and approachable instructor, Peter, has over 4 decades of knowledge and experience in personal safety, martial arts and combat training for men, women and children, Derby,.

07904604956



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