

Self Defence - Personal Safety (5 GBP)



Location **West Midlands, Staffordshire**
<https://www.freeadsz.co.uk/x-249392-z>



Our classes start with a beginners introductory self defence course right up to advanced. You will learn tactics that do not rely on strength which include Sphere's unique IDS system. Our IDS includes exploiting the weak areas the human body and body mechanics. Making it possible to overcome a much larger and stronger opponent if the correct tactics and strategies are utilized. Our courses not only include the physical aspects of self protection but also the psychological.



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