

Self-defence for everyone (8 GBP)



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回答公司

Location **East of England, Cambridgeshire** https://www.freeadsz.co.uk/x-320665-z



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We will educate you in personal safety, the psychology behind an attack, the method intend and how not to be a victim. We will teach you some real effective techniques using bio mechanics. Learn reality based self defence ideal for everyone regardless of age, gender and level of fitness. GET fit stay safe and learn new skills. Every Wednesdays at the dragonfly hotel near the boathouse 6.30pm The course combined with theory and practical which is ideal for everyone. Comes with a certificate. book now to avoid disappointment. click to contact;

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