

Self-defence for everyone (8 GBP)



SELF DEFENCE FOR EVERYONE

An amazing chance to take part in one of our self defence boot-camps in YOUR AREA...

KIDS ANTI-BULLYING MIXED GROUPS BEGINNERS OR ADVANCED

Learn self defence that REALLY WORKS
Make LOADS of new friends
HAVE A SERIOUS AMOUNT OF FUN
ANY AGE OR FITNESS LEVEL - FITNESS - WEIGHT LOSS

**PSYCHOLOGICAL SELF DEFENCE & BODY LANGUAGE
VOICE COMMANDS - WHAT TO SAY AND WHEN
THE MOST EFFECTIVE PHYSICAL TECHNIQUES
BEGINNERS OR ADVANCED**

CONTACT EM 07760667658 or 08432 891632
Magdy 079444 80110
Email: Em@combat-academy.co.uk
www.combat-academy.co.uk

Taster Session Available
Contact Us To Find Out More

COMBAT ACADEMY

Location

East of England, Cambridgeshire

<https://www.freeadsz.co.uk/x-320665-z>

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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