

# Self-defence half day course for everyone (25 GBP)



**BEGINNERS  
SELF DEFENCE**

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

Learn self defence that REALLY WORKS

Make LOADS of new friends

HAVE A SERIOUS AMOUNT OF FUN...  
**HALF DAY COURSE AND CERTIFICATE**  
ANY AGE OR FITNESS LEVEL - FITNESS - WEIGHT LOSS

The Combat Academy's unique system combines the best from a range of different martial arts and unarmed combat techniques which you will learn in one course.

**£25**  
INTRODUCTORY  
SESSION

PSYCHOLOGICAL TECHNIQUES  
VOICE COMMANDS  
TRULY EFFECTIVE TECHNIQUES  
DESIGNED FOR COMPLETE BEGINNERS

Em 07760667658  
www.combat-academy.co.uk

Location

East of England, Cambridgeshire

<https://www.freeadsz.co.uk/x-320666-z>

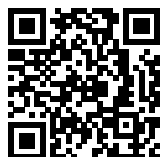


Self defence half day course combined with theory and practical. Ideal for everyone regardless of age, gender and level of fitness. Personal Safety confidence building realistic self defence techniques. Train in a fun friendly environment. Contact us for more information



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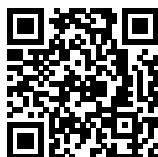
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