

Charity Ladies amp Children039s Self Defence Course (08 GBP)



Children should be able to live a life free from bullying and harassment and it is time that we all took a stand against this

CHARITY LADIES & CHILDREN'S SELF DEFENCE COURSE

Sunday 8th of October

Children 11:00 - 12:00

Ladies 12:30 - 15:00

To find out more about this event visit our Website & Facebook Page

www.immortal365.co.uk

www.facebook.com/Immortal365



STAND UP
SPEAK OUT

Immortal 365 Ltd
Unit 3 Milnyard Square
Orton Southgate
Peterborough
Cambridgeshire
PE2 6GX
01733 234022
www.immortal365.co.uk



Location

East of England, Cambridgeshire

<https://www.freeadsz.co.uk/x-551562-z>

This is a FREE event all we ask for is a small donation to charity

On this event the kids will learn the following

Stranger Danger, How to shout , What to shout, Who to run to & where to hit

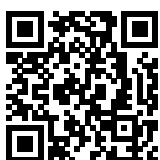
Ladies will learn the following

The Police Do's and Don't's , Open Hand techniques, Angle and Direction & where to Hit

If you or your children would like to attend the event please e-mail us with your name & age (kds age 5+)

To book your place please visit

<http://ladieschildrenselfdefencecourse.gr8/>



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