







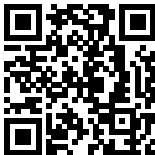



Self-Defence Class derived from Ancient Martial Arts (8 GBP)



Location **South East, Middlesex**
<https://www.freeadsz.co.uk/x-569642-z>



A Self-Defence Class practiced through our Hand of the Wind defence system. A soft style that will get you fit and help strengthen the body and mind.

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