



# SELF-DEFENSE

REALITY-BASED. EFFECTIVE. NEEDED !!!

1 WEEK WORKSHOPS



The difference between fear and terror is in knowing what to do. When we know what to do, fear is our ally. When we don't know what to do, or have never experienced it, we will freeze because we have no clear goal on how to respond. The difference is in the training!



Age  
12+

Ladies Self Defence Course  
for all the mum's, sisters  
and aunts of Zoku Students.



6pm-8.30pm Only £20 each

We are trying to find a date that suits all...see below

Please state which date(s) you are available and who is interested.....

Name  How many of you  Payment (cash)

I can do: Weds 15th Feb  Weds 22nd Feb  Either dates

Phone  Email

All entries by Friday 3rd February (cash only)  
at Brandles School, Baldock