



# 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