

# LADIES SELF-DEFENCE CLASS

**Saturday 29<sup>th</sup> January 2022**

**12.15pm to 2.15pm**

**\* FREE OF CHARGE \***

Please come along The Martial Arts Centre (Unit 5 Springwood Court, Springwood Industrial Estate, Braintree, CM7 2GB) to receive free training in Self-defence!

This is an excellent FREE class to help you to gain confidence in the ability to protect yourself in certain situations – feel empowered!!

**It is a free class – what do you have to lose!**

Please complete the bottom of this form to let us know if you are attending.

Regards

Sensei David Wilson

Name

Contact telephone number

Contact email address

Age

Training yes/no

Current belt (if applicable)

\* Note : This is a free of charge lesson but we do ask for a contribution to the Great Ormond Street coin collection box