



SCHOOL OF



FREESTYLE MARTIAL ARTS

LADIES'

SELF-DEFENCE

WORKSHOP

Self-defence is a skill better to know and not need to use, than need to use and not know how.

Our two hour course covers:

- Verbal judo
- The A, B, C's of self-defence
- Grabs from front and back
- Ground defence

NEXT WORKSHOP

DATE: SATURDAY 27/2

TIME: 12:30 - 2:30pm



No experience required
No fitness required
All ages 16+ welcome
Women ONLY

Tickets are \$15, and can be purchased through Eventbrite or @schooloffreestyl martialarts on Facebook!

All proceeds proudly donated to:



0429 123 202 | 14 Government Road, Nedlands, WA 6009 | admin@sofma.com
Come find us! www.schooloffreestylmartialarts.com.au