



# Women's Self - Defence Classes

Learn self-defence Techniques in an empowering environment

28th & 29th May 2016

9 am to 2 pm both days Light lunch included.

Only \$65.00

Email: [budokan@internode.on.net](mailto:budokan@internode.on.net) or call Carl on 0402 856 772.

Visit our web site for more information [www.budo-kan.org](http://www.budo-kan.org)

Fully licensed and government accredited Instructors.



# Women's Self Defence Class.

We have been asked when the next women only protection training event is going to be.

We decided to make it easier and run the program over a single weekend, rather than over weeks. The program will start with some theory and discussions. Then we will be straight into the practical part of the self-protection program. This 10hr training program will concentrate on simple practical combative techniques, armed and un-armed attacks. Our instructors will be using some body armour for full contact responses to assaults.

Please note the last such event was fully booked some weeks in advance so please book your place as soon as possible.

Please bring light snack a drink bottle and towel.

***Please note: Full payment is required prior to commencement of the course.***

PLEASE FILL OUT THE FORM BELOW AND RETURN!

## Receipt

Deposit Paid: \$.....Date:..... Amount outstanding: \$.....N/A.....

Signed:.....

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## COPY FOR CLUB

Please Reserve me:.....place/s on the *November women's self defence class 2016*

Name:.....Age:..... Name:.....Age:.....

Address:..... Email:.....

Contact Number:.....Paid: \$.....Date:..... Signed;

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