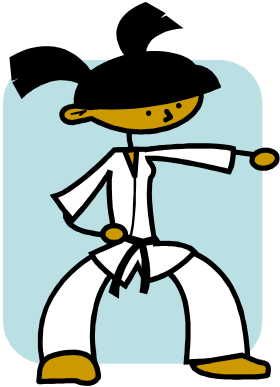
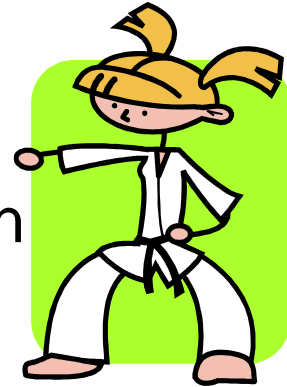


Learn Self Defence



Self Protection
Classes for Women
and Girls



**Classes for women and girls of any ability
wanting to learn self defence and protection
techniques and develop self confidence.**

**Wednesdays,
5.30pm – 6.30pm**

Woodlands YMCA

**£5 per Session
Girls under 13 yrs FREE
when accompanied by a paying adult**

Instructor: **Jerry Stanton** – Member of the British Combat Association with 25 years experience.

For more information email: stanton45@hotmail.co.uk or call
07930 978 605