

# WALK WITH CONFIDENCE & LEARN THE ART OF SELF-DEFENCE



## Women's Self-Defence Workshop

### 3 Week Workshop for Level 1 & Level 2

**SUN 23 SEP + SUN 30 SEP + SUN 7 OCT**

**9AM: LEVEL 1**

**10.15AM: LEVEL 2**

**@ TRAINING GROUNDS: 449A PACIFIC HIGHWAY CROWS NEST**

**\$60 FOR LEVEL 1 OR LEVEL 2 OR**

**\$99 FOR BOTH LEVELS 1 & 2**

**Hurry - limited places. Book now**

<https://traininggrounds.com.au/womens-self-defence/> or email @  
info@traininggrounds.com.au

**Led by Head Coach - Scott Ireland**

