



Join our brand new, **completely free** self defence training and you will:

- Learn practical, streetwise self defence skills that work
- Improve your fitness, strength and confidence
- Increase your general awareness and feel safer
- Understand the law on self defence
- Receive top quality training and advice

Our self defence training is rooted in the real world and is practical, enjoyable and fun. Most of all its easy to learn and remember, so if you want a high quality fast track self defence course come along. No special uniforms needed and there are no tests or exams to take. Be the best, train with the Academy.

For times and dates see reverse of this flyer.

Call Garry on **07738 909 125**



If you are between 8 and 20* you can join this **TOTALLY FREE** 10 week course in streetwise self defence starting on:

* Greenhill/Bradway Youth Centre: Ages 8-13 only.

Wednesday 9th February at 4.15pm to 5.45pm
at Greenhill/Bradway Youth Centre, Gresley Road, Sheffield.

Wednesday 16th February at 6.15pm to 7.45pm
at Newfield Green Tenants Hall, Gleadless Road, Sheffield.

Thursday 10th February at 5.15pm to 6.45pm
at The Old Junior School, South View Road, Sheffield.

Friday 11th February at 4.15pm to 5.45pm
at Heeley Institute, 147 Gleadless Road, Sheffield.

Parents or carer must attend first session to sign consent forms.

There are **20 places** at each location and you can enrol on the first session.

Call the Academy on **07738 909 125** for further details.

