

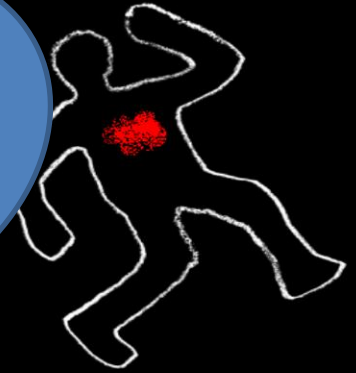
# Ladies only Self Defence Course



How about a Xmas present for your wife or girlfriend that she'll really thank you for.

**FREE BONUS**  
Everyone taking part will also receive 10 weeks of free fitness classes

What do they call a person who cannot defend himself?



**The victim.**

Our experienced coaches will during the **10 week course** take you through a number of important areas so that by the end of the course, you will understand:-

- **What self defence actually is and**
- **The soft skills necessary for self protection**
  - Awareness, assessment and avoidance of danger in different situations
  - The correct mental approach to self protection
  - Your attitude and how it affects things
  - Understanding and protecting your danger zone
- **The hard (physical) skills necessary for self protection**
  - Reading the signals of an attack (deceit and aggression)
  - The ranges of conflict
  - Common attacks by assailants
  - Effective self defence techniques against common methods of physical attack

To reserve a place please telephone us on **01256 364104**

[www.basingstokekarate.com/shop](http://www.basingstokekarate.com/shop)



**The 10 week course costs £30, you save £50**

**Starts Thursday 19<sup>th</sup> January at 18:15**

# New Year. New Challenge? New You!

**New Year Special Offer**  
Join in December or  
January for £59 and  
you get membership,  
insurance, a uniform,  
**PLUS TWO MONTHS of  
FREE classes**

Do you want to get  
stronger, fitter and more  
flexible?

Do you want to relax and  
get some stress relief?

Do you want to learn  
useful lifelong skills?

Do you need a new  
challenge in your life?

Our curriculum includes:-  
Kickboxing, Close quarter  
combat, Power striking,  
Grappling and pushing  
hands, locks and throws  
and groundwork



Fun high energy classes |  
fitness | confidence | self  
discipline | protection | new  
friends | weight loss |  
flexibility | Well being

For further information telephone  
us on 01256 364104  
[www.basingstokekarate.com](http://www.basingstokekarate.com)