

SELF DEFENCE FOR LADIES

Non members welcome

Master Jago
Martial Arts



DON'T THINK ABOUT IT JUST DO IT !!!

Master Jago Mobile 07855 244315 - www.masterjago.co.uk

I wish I could defend myself ...
Yes I will think about it !!!
One day maybe one day ...

Why self defence?
Who would attack me ?..

HOOFERS
HealthClub
nottingham

Saturday

Time 3.00pm -4.00pm

Wow ... Just £5
Every 2nd Saturday
in each month

1st Class Free

But if ...



Self defence for ladies. The world can be a dangerous place which is why it is important for women to learn self defence techniques.

The most common acts of violence include assaults, domestic violence, rapes, and robberies. If you take the time to learn self defence techniques, it could save your life.

Call Master Jago for more info.



DON'T LEAVE IT TOO LATE !!!