



# **FREE**

## **WOMEN'S ONLY** **SELF DEFENCE**

### **CLASSES FOR ALL OF FEBRUARY**

***Attacks On Women On The Increase***

***Learn To Protect Yourself In One Day***

This is not karate but simple and effective defence techniques, which rely on body dynamics instead of strength.

Build your confidence and learn to protect yourself and your family by taking our ongoing Self-Defence Classes.

Something you always thought about but never got around to doing it, now's your chance with our one day work shop.

**Now is your chance!**

**Run by The Winged Dragon Martial Art Academy**

**WHERE: Y.M.C.A LEISURE CITY EPPING**

**41-53 MILLER ST EPPING+**

**WHEN: Saturday's 1.00pm to 2.00pm**

**COST: FREE**

**AGE: 13YEAR OLD AND ABOVE**

**BOOK TODAY LIMITED PLACES AVAILABLE**

**For bookings or inquiries call**

**LUCKY 0419 332 992**

**EMAIL; [info@thewingeddragon.com.au](mailto:info@thewingeddragon.com.au)**