



PRACTICAL SELF DEFENCE

PRESENTED BY PONSONBY DOJO & THE HUB 1 INSTRUCTOR TEAM

In this fun and informative workshop we will educate and empower you to be aware of your surroundings and those around you.

Topics covered include:

Awareness, Danger avoidance, Escape techniques & Self defence.

MONDAY 17 JUNE

6.00 - 7.00pm

St Pauls College

183 Richmond Road, Ponsonby

Cost: Direct Debit and Training Passes apply ▪ All grades welcome



GKR KARATE
STRONG • HUMBLE • BRAVE