



# Women's Self Defence

8 Week Course  
Friday Nights 5:30-7pm  
Starts February 6th

This **8-week course** is tailored for women of all fitness levels, focusing on building confidence and providing essential self-defence skills in a supportive environment.

Led by Sensei Ange Ju Jitsu Black Belt, PT & RN



\$200



What you'll learn over 8 weeks:

- Awareness & personal safety strategies
- How to set boundaries and use your voice with confidence
- Practical self-defence techniques for real-world situations
- Escapes from common grabs and holds
- How to stay calm, think clearly, and act under pressure
- Building strength, confidence, and self-belief

No experience needed.

-Learn practical self-defence skills in a supportive, no-ego environment — designed for real life, real women, and real confidence.

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