

SELF-DEFENCE CLASSES

"CONFIDENCE TO SURVIVE"

Black Belt Instructor: Dale MacKenzie



Refuse
To Be A Victim.



EACH WEDNESDAY FROM 4:30 PM – 5:30 PM

87 Islander Rd, Pialba (Phoenix Court)

Price: Option 1 (Casual) \$8 adults or \$6 child • Option 2 (10-Visit-Card) \$70 adults or \$50 child



🌀 **LEARN PRACTICAL SELF-DEFENCE & SITUATION AWARENESS** 🌀

🌀 **PROFESSIONAL ENVIRONMENT** 🌀 **DEDICATED INSTRUCTOR** 🌀

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