

KAIGAISHII KARATE WOMEN'S SELF DEFENCE 5 WEEK COURSE

LEARN PRACTICAL SKILLS. BUILD CONFIDENCE.
FEEL SAFER.



PRACTICAL
SELF DEFENCE
SKILLS



BUILD
CONFIDENCE
& AWARENESS



SUPPORTIVE
WOMEN-ONLY
ENVIRONMENT

SUITABLE FOR ALL FITNESS LEVELS • WOMEN AND GIRLS AGED 12+



DATES

Every Thursday
5th November –
3rd December
(5 WEEKS)



TIME

7.15 – 8.15PM



VENUE

The Hub,
Master Park,
Oxted
RH8 9LD



COST

£50

FOR THE 5 WEEKS



FREE T-SHIRT
ON COMPLETION OF THE COURSE

JAMES RICKETTS

PROFESSIONAL KARATE INSTRUCTOR

WITH OVER 25 YEARS OF EXPERIENCE
EMPOWERING YOUNG PEOPLE.



FORMER MULTIPLE MEDALIST AT
THE ENGLISH CHAMPIONSHIPS



TRAINS IN BRAZILIAN JIU JITSU



REAL LIFE EXPERIENCE AS A FORMER
SECURITY SUPERVISOR IN BARS AND CLUBS
ACROSS SOUTH LONDON INCLUDING
BRIXTON, CRYSTAL PALACE AND NEW CROSS.



HOLDS AN ENHANCED DBS CHECK



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