



SELF DEFENCE CLASS



Come and learn in friendly and very informal surroundings,
some highly effective self defence techniques
as used by UK armed forces and police worldwide.



Self defence class with **Jim Dempster Sensei** of Gowaryu Aikido Club

Friday 23rd September 2011, 6:00pm - 8:00pm

At Saga Pavilion, Sandgate

Cost £5 per person



All proceeds to the
SAGA Charitable Trust

<http://www.saga.co.uk/saga-charitable-trust/>

 *Saga*
charitable trust

Adults of all fitness levels welcome.

No previous experience of martial arts required.

Wear comfortable clothing; jogging bottoms, T shirt, trainers.

Visit us at www.gowaryuaikido.co.uk