

Self Defence Course



Master Ian Lennox - 7th Dan
BTCB Technical Director.

**Sunday 19th April
2009**

13:00 - 15:00



Master Neil Guest – 7th Dan
BTCB Secretary General.

Two senior Masters invite you to share their knowledge, any grade.

Covering all aspects of self defence

The techniques taught will range from hand grabs to arm locks, take downs, knife, baton self defence.

Basic and Advanced Techniques.

Hucknall Leisure Centre

Linby Road

Hucknall, NG15-7TX

£15 per student



A VALID BTCB LICENCE MUST BE PRODUCED.

NO LICENCE-NO TRAINING-NO EXCEPTIONS

For directions please call 0115 9568750