

SELF DEFENCE COURSE

Wednesday 26th June 2013 7pm until 8.30pm

RAVENS CRAIG REGIONAL SPORTS FACILITY

1 O'DONNELL WAY MOTHERWELL ML12TZ



Colin Clapperton 8th Dan at Karate (Wado Kai) with over 40 experience In karate and self defence has agreed to demonstrate his self defence skills.

This is a one of course designed to allow anyone who has not trained in Martial arts or who has not had any self defence training understand their ability to defend themselves. The course is also open to anyone with previous experience.

As part of the course Colin will teach the use of the Kobotan a self-defence key ring type implement used as a close-quarter self defence weapon.

The cost of the course is £10 and is limited to ages 14 years+ please book your place as soon as possible (Places are limited) by contacting Andy Simpson on:-

TEL:- 07771 828 800 or at Ravenscraigwadokai@gmail.com

RAVENS CRAIG KARATE CLUB

Website:- www.ravenscraigwadokai.co.uk Email:- RavenscraigWadoKai@Gmail.com

Karate Classes:- Tuesdays and Thursdays 6.00 – 7.00pm