

# **WOMEN SELF DEFENCE** **( STREETWISE TECHNIQUES )**

**\*\*\* OPEN TO ALL AGES.**

**\*\*\* SUIT EVERYONE REGARDLESS OF YOUR PHYSICAL FITNESS, SIZE .  
PREVIOUS MARTIAL ARTS EXPERIENCE NOT REQUIRED.**

**\*\*\* LEARN :- AWARENESS; TECHNIQUES WHICH DO NOT RELY ON BRUTE FORCE.**

**\*\*\*\* INSTRUCTOR: MASTER TERRY LIM ( FOUNDER & CHIEF INSTRUCTOR OF LONG FU PAI MARTIAL ARTS ACADEMY – OVER 50 YEARS OF MARTIAL ARTS/STREETWISE EXPERIENCE )**

**DURATION OF COURSE:- WEEKLY ( TUES )  
( TUES. 7.45PM TO 8.45PM. )**

**VENUE: LYSTERFIELD PRIMARY SCHOOL ( BELLFIELD DRIVE. F.T.G.)**

**COST : \$ 10.00 PER SESSION.**

**( NO M/Ship Fees; NO Karate Uniform required ).**

**ENROL ANYTIME. NOT A SCHEDULED COURSE.**

**Enrolment & Details: Phone 0418.809808 or  
9759.7187**



**\*\*\* CALL NOW**

**BE PREPARED & BE ALERT.**