

O'HAGAN TOTAL COMBAT SYSTEMS

**'SOME FEMALES WILL BE THE TARGET OF
VIOLENCE.....DON'T BECOME THE VICTIM OF IT'**



FEMALE SELF PROTECTION SEMINAR

VENUE; Horfield Leisure Centre, Dorian rd, Horfield, Bristol BS7 OXW,
Tel; 0117 9031643

Date : Sunday 19th February 2012 **Time:** 10.30-13.30

Price: £22.30

Come and learn cutting edge self protection tactics and techniques from one of the UK's leading experts, Kevin O'Hagan. 7th Dan black belt masters grade in Combat Jujutsu. 36 years training and teaching experience in the combat arts. He will be ably assisted by female self protection coach Soeli O'Hagan. Check out www.kevinohagan.com for more background information.

16 Years and upwards welcome. A relaxed and learning environment. Hands on training so wear appropriate clothing. Book at reception as places are limited!.

'A women is like a teabag you can't tell how strong she is until you put her in hot water'