

Too many women feel unsafe when travelling, working or going out at night.

No woman should feel helpless!

**WE CAN HELP YOU WITH AWARENESS,
OVERCOME FEAR, BUILD CONFIDENCE,
AND HAVE THE PRESENCE OF MIND TO
ACT IN A DIFFICULT SITUATION.**

TRY 'AIKIDO'

COME ALONG, HAVE FUN, LEARN THE BASICS, BUILD UP YOUR
CONFIDENCE AND DECIDE IF YOU'D LIKE TO TAKE IT ANY FURTHER.

NOTHING TO LOSE ~ LOTS TO GAIN!

If you fancy giving it a go, why not give us a call, or just turn up:

See www.bab.org.uk/awareness for more information

