

F.A.S.T Defence



In this 2 hr workshop, you will learn the basic skills of a range of easy to use defence techniques as well as the understanding of the psychology of stress and basic life saving skill of CPR.

- F. first Aid (Basic CPR)
- A. awareness (Mind/Stress)
- S. safety
- T. techniques



Your investment \$55p.p

NON Contact Class

SEPTEMBER Time and Dates

10 am to 12pm

3rd, 5th, 16th , 24th and 26th

SEPTEMBER Time and Dates

6pm to 8pm

3rd, 5th, 16th , 24th and 26th

LOCATION:

Office 1/62 King Street, Warrawong

Call : Claude 0415 843 069