

## **Self-defence course**

*at Carlton School, 120, Green Street  
For women and girls of all ages*



***It's for free***

Every Tuesday from 6 pm

***For more information, tel.: 898 2551 or [www.sfbudo.com](http://www.sfbudo.com)***



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## **Self-defence course**

- where ?
- teenagers / come ?
- what day ?
- website ?
- cost ?



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