



## **MODERN ARNIS - A FILIPINO MARTIAL ART WITH A VERY EFFECTIVE SYSTEM OF SELF DEFENSE DONE WITH AND WITHOUT STICKS**

Interested in learning self defense and Martial Arts?

An experienced black belt holder, advanced instructor is offering classes for ladies in martial arts, self-defense - healthy living - building self-esteem and confidence - fun - training and socialising with other people who enjoy martial arts.



**Ladies and young women over 14 years are welcome**

**Date and Time:** Mondays 7-8pm

**Venue:** Ithaca House

27 Romford Road

E15 4LJ

More information:

[www.modernarnislondon.co.uk](http://www.modernarnislondon.co.uk)

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Ulrike 07473030250

[modernarnislondon@gmail.com](mailto:modernarnislondon@gmail.com)

