

# Learn Self-Defence Before You Need It

Practical self-defence education and training in Ipswich



## Weekly Classes

Practical jujitsu and self-defence training for adults and teens 14+



Learn **striking, ground defence, escapes, weapons defences, and pressure-tested self-defence** with experienced instructors.

**Thursdays 18:00-20:00**  
**Sundays 10:00-12:00**

Murrayside Community Centre,  
Ipswich, IP3 9JL

**Ready to train?**

Book a free 2-hour intro class.



## 6-Week Women's Self-Defence Course

Runs twice per year:  
**April and September**



An established beginner-friendly course covering **awareness, boundaries, assertiveness, movement, escapes and practical physical responses.**

*"A course every woman should do."*  
— COURSE PARTICIPANT, MARCH 2026

**No experience needed. Women-only group. Supportive coaching.**

You do not have to come alone.  
**Bring a friend for free.**



## Training for Schools & Workplaces

**Personal safety, de-escalation and practical self-defence sessions**



For **schools, public-facing workers, lone workers, and community-facing roles.**

Sessions can cover **awareness, boundaries, assertive communication, de-escalation and practical self-defence.**

Every session is adapted to the group's age, setting, needs and comfort level.

Contact us to discuss a **tailored training programme**



## Self-Defence Education

**Confidence starts with clarity** about what the law allows



**Many people hesitate** because they are unsure what self-defence law actually allows. Our quizzes help correct common misconceptions about **first-strikes and reasonable force.**

Dedicated quizzes for: **Women, Teachers, Teenagers, Homeowners, Public-Facing Workers and Bystanders**

Curious about what the law allows? **Take a self-defence quiz**

