

**DURATION, DAY, DATE AND TIME OF THE COURSE:**

1 day starting on Thursday 11 May 2023, 18:00 - 21:00

**VENUE:**

East Surrey College, Gatton Point, London Road, Redhill, RH1 2JX

**COURSE DESCRIPTION:**

This course is designed to look at various physical techniques to deal with different types of attacks and situations. This includes: escaping grabs from the front or behind, basic striking and kicking, distancing and timing, dealing with and disarming weapons such as knives, strikes to vulnerable points, escaping from the floor or being pinned down as well as using the environment to your advantage.

**COURSE FEE:**

£12

If you are 19+ on 31 August 2022, the standard fee will apply unless you qualify for free tuition and this will be your first leisure course in the current academic year. Contact Client Services for advice and guidance on funding and eligibility. Please be aware that there may be additional costs for materials.

**WHAT TO DO NEXT:**

If you have any outstanding queries please contact our Client Services team on 01737 788444 or at [clientservices@esc.ac.uk](mailto:clientservices@esc.ac.uk).

To apply online for this course please visit [www.esc.ac.uk](http://www.esc.ac.uk).

**Disclaimer:**

Every effort has been made to ensure that the details contained in this leaflet are up-to-date and accurate at the time of printing. However, the College reserves the right to alter or cancel courses, their content, entry requirements, fees or other details should circumstance dictate.

Should you require this leaflet in a different format please contact Client Services on 01737 788444.