

We are delighted to be able to offer some NEW courses as usual in conjunction with RUS and are particularly keen to ensure that STUDENTS off to University in September are well prepared and are offering a SPECIAL Pre-University Krav Maga and general awareness course SPECIALLY for University students from Radlett.

Please see details below of this and the NEW beginners' course starting in September.

2 day self defence and street wise seminar for students going off to university
- Aged 17 to 23 years

Day 1 - 4th September
Group 1 - 10.00am to 1.00pm
Group 2 - 1.45pm to 4.45pm

Day 2 - 11th September
Group 1 - 10.00am to 1.00pm
Group 2 - 1.45pm to 4.45pm

Book onto either group 1 or 2

Total cost £75 for the 2 day course - includes a years' insurance and training t-shirt.

NEW 4 week beginners course in September

Dates: Wednesday 7th, Wednesday 14th, Wednesday 21st and Tuesday 27th.

1) Youth course ages 12 to 16 - 6.30pm to 7.45pm

2) Adult course ages 17 plus - 8.00pm to 9.15pm

Cost £65 for the course - includes a years' insurance and training t-shirt.

Mondays: Training CONTINUES for those who have done a beginners course on Mondays at RUS throughout the summer:

Youth - 6:30 - 7:45
Adult - 8:00 - 9:15

Please note: Other courses are under planning including one for VERY small kids for which a location and day is being looked at and we will advise details when we have them.