

# underneath every woman's 'curve' lies a muscle!



THIS POSTER IS JUST A USEFUL GUIDE & IS NOT A SUBSTITUTE FOR A SELF DEFENCE COURSE

Contacts for womens self defence

Birmingham: PO Box 558, B3 2HL

Manchester: Sally, 061 225 3915

London: Janet Hunt, 01 633 2742 or

Womens Karate Club, Camden Institute, Holmes Rd, Kentish Town, London, N5

Sheffield: WIRES, 0742 755290 & RCC, 0742 75522

Swansea: Anne Carrick, c/o Womens Centre,

58 Alexandra Rd, Swansea

see red womens workshop

- with thanks to the booklet 'Squashed flies'





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