

WEAPONS WORKSHOP 2018



On Sunday 8th July 2018 MAI will once again hold our very popular **WEAPONS WORKSHOP** – taught by Declan Kidd.

On this course you will learn;

- How to protect yourself against the most common forms of bladed and bludgeoning attacks.
- How to be aware of the possibility of a weapon being produced.
- Blocking and restraining methods.
- The best positions and grips for weapon fighting.
- How to protect yourself from the ground and on the ground.
- How to improvise common items as protective weapons/shields.

Course costs only €25 and runs from 11am-1pm. Course place is secured with full fee.

Course Location MAI Dublin 7

Unit 5 Brunswick Court, North Brunswick Street, Dublin 7, Ireland. Telephone: 01-6776592

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