



Learn some self defense like a superhero!



Superheroes always know how to defend themselves. Try some self-defence or martial arts

Activity Type

Add image: /home/pawprintfamily/public\_html/\_theme/pdf/icons/activity-settings.png

Time



Environment



Price



Category  
Activities

Sub Category  
Activities

Age  
5 - 7  
7 - 11  
14 - 18

Subject  
Culture  
Community  
Geography  
History  
P.E.  
Wellbeing

Soft Skills  
Communication  
Decision making  
Gross Motor Skills  
Listening  
Leadership  
Observation  
Relaxation  
Self motivation

