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## Self-Defense

**You have to avoid dangerous situations. Although it sounds very easy this is the most important principle of self-defense.**

But when there is no escape it is very useful if we can protect ourselves. At the course the basic movements are taught and practiced.

**Instructor:** Mr. Zsolt Lenkei

**Time:** Fridays at 1:00pm-2:30pm

**Location:** PTE Dance Studio (Ifjúság útja 6. building B)

For registration please log in at the right bottom part of the page. If any problem occurs please refresh the page.

### [REGISTRATION](#) [1]

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**Source URL:** [https://tancolo.pte.hu/en/course/self\\_defense](https://tancolo.pte.hu/en/course/self_defense)

#### Links

[1] [https://tancolo.pte.hu/en/onvedelem\\_self\\_defense\\_20182019\\_i](https://tancolo.pte.hu/en/onvedelem_self_defense_20182019_i)