



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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Links

[1] https://tancolo.pte.hu/en/onvedelem_self_defense_20182019_i