



Team building sessions involving self-defense

Our team building sessions are unique, engaging and practical.

Our Instructors can provide a team building event to meet your needs.

Contact us for a full program.

Book today! Email: kswofdublin@gmail.com

**For more
information
call**

(925) 551 8200

Benefits:

- * Improving team dynamics
- * Building trust
- * Enhancing teamwork



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