



UNIVERSITY OF  
KWAZULU-NATAL™  
INYUVESI  
YAKWAZULU-NATALI

UKZN SPORT

# SELF-DEFENCE, A HEALTHY LIFESTYLE!

What you get:

- Improve physical fitness and stamina
- Learn practical self-defence techniques
- Build confidence and discipline

**JOIN US**

On Thursdays  
@18:00 – 19:00

**VENUE**

Denison Hall



Contact: Lungani Nhlengethwa (0332605939)

Email: [NhlengethwaL@ukzn.ac.za](mailto:NhlengethwaL@ukzn.ac.za)

**INSPIRING GREATNESS**