

# ATEMI JUJITSU (10 GBP)



Location **London, London**  
<https://www.freeadsz.co.uk/x-580033-z>



**\*\*FREE LESSONS STARTING AT THE BEGINNING OF EACH MONTH FOR BEGINNERS\*\***

Ate mi Ju-Jitsu includes combinations of striking techniques (ate mi-waza), throwing techniques (nage-waza) and grappling techniques (katame-waza), delivered both standing (tachi-waza) and/or on the ground (ne-waza). Practical applications include intense focus on randori and jiyu kumite to confront techniques to real-life scenarios and non passive partners. It combines techniques from traditional jujutsu systems of the Muromachi, Azuchi-Momoyama, Edo and Meiji periods, along with techniques found in Gendai Budo such as judo, karate, aikido and savate. This has produced a very effective and integrated self-defense martial art with ancient roots and traditions.

IF YOU OR YOU KNOW ANYONE WHO IS A VICTIM OF BULLYING, THEN WE ARE HERE TO HELP.

THIS IS FOR ANYONE THINKING ABOUT OR HAS THOUGHT ABOUT TRYING A MARTIAL ARTS LESSON, BUT ISN'T QUITE SURE IF IT'S FOR THEM? NOW'S YOUR CHANCE TO GIVE IT A GO.

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."Eighty percent of achieving that success is showing up

New students are always welcome and we are happy to honour the belt of any existing or former

Traditional Jujitsu trained student, (providing proof of grade) who are wishing to expand their knowledge

Students from 4 years old to 16 upwards, children under 16 with a mature expression can train at the discretion of the instructor. For more information please contact any of the instructors if you are a prospective student looking for some more information, please e-mail Sensei Harris.... click to contact



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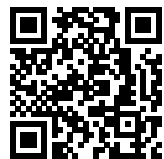
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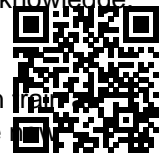
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