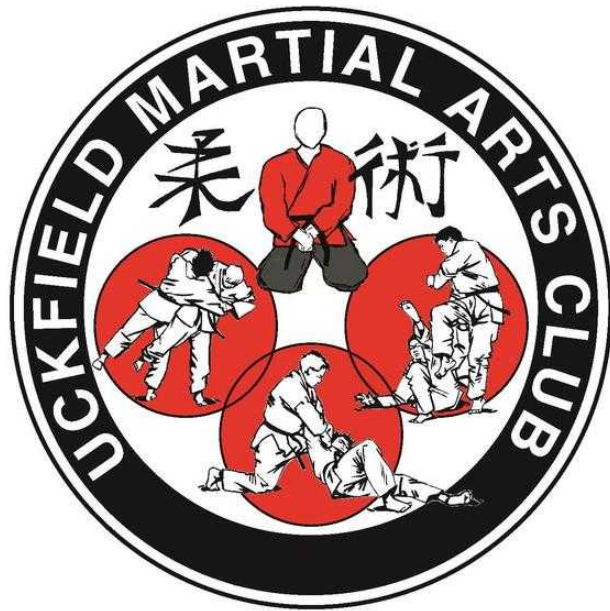


Ju-Jitsu - Defend yourself, keep fit and build confidence



Location

South East, East Sussex

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Bored with the gym? Try a different way of getting fit whilst learning a life skill that can be used for self-defence? Ju-Jitsu is the original Japanese martial art but as a modern pastime it will improve your: • Cardiovascular Stamina • Aerobic Fitness • Co-Ordination • Flexibility • Self-Confidence • Awareness • Self-Defence Ability • Self-Discipline At the 'Uckfield Martial Arts Club' training is strictly for 16 year olds and over, and is led by qualified & highly experienced coaches with black-belts in Ju-Jitsu, Judo, Karate and Kobudo (weapons). The Chief Instructor (Anthony Cairns) holds various black belt grades with a 6th Dan in Ju-Jitsu, who also featured on ITV's 'YouBet' and BBC's 'Record Breakers' in the 1990s. Why not come along and give it a go; regardless of your level, or lack, of relevant experience, all men & ladies including novices are welcome. Wednesday evenings at 20:00 -22:00 at the Uckfield Gymnastics Club, Batts Bridge Rd, Maresfield TN22 2HN. Tel Anthony on 07973 138998.;



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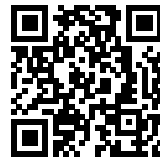
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