

Wrestling amp Submission grappling practice every Thursdays at East Brighton



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-319120-z>

We are a small group of friendly grapplers that meets up for weekly practice every Thursdays 7 - 9.10pm at the Stanley Deason leisure centre in the City college campus on Wilson Avenue, Brighton, BN2 5PB just opposite Danehill road junction. We practice submission grappling and freestyle wrestling, key essential foundation for other close combat disciplines like MMA, Shoot, UFC etc.

We currently have two vacancies in our club, therefore welcome anyone 16yo and above from total beginner to competition level who are interested to take up our sport. We do not expect everyone to want to train to compete, however we expect all members to be dedicated and turn up for practice, in order to ensure steady progression and safe practice.

Our club LAW is a non profit club licensed and insured by the British Combat Association

For further details, please contact jake



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