

# Submission grappling amp Olympic Freestyle wrestling practice group



Location

**South East, West Sussex**<https://www.freeadsz.co.uk/x-319121-z>

We are a friendly non commercial group that meets up every Thursday evenings from 7pm to 9pm at Stanley Deason Leisure Centre on Wilsons Avenue, Brighton, East Sussex BN2 5PB to practice both Olympic Freestyle wrestling and Submission grappling.

In order to maintain progressive, beneficial and satisfying training during practice, we keep our group small with dedicated members who are keen to attend practice.

Our motto is " Winners make practice, Losers make excuses. However this does not mean that we expect all members to be training for competition as your personal reason for taking up this close combat sport is entirely your own perogative and total beginners are welcome as long as you are keen and dedicated to give this sport a chance by turning up at practice. We are currently seeking one new member, minimum 16yo, maximum 82kg to join us. Therefore if you are interested, do get in touch.

Our club is headed by a qualified BWA level 3 coach and National Referee, fully insured and licensed by the BCA.

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