

Practical Martial Arts and fitness training (6 GBP)



Location **South East, Surrey**
<https://www.freeadsz.co.uk/x-412598-z>

Learn: effective techniques of, strikes, locks, throws, take downs, pressure points study.

Improve your fitness whilst learning Martial Arts: Numerous Arts under one roof.

Kick Boxing - Jujutsu - Atemi Jutsu - practical self defence/reality drills and functional fighting fitness training.

Great facilities with friendly, experienced Instructors and affordable training fee's.

Regular classes in Woking.

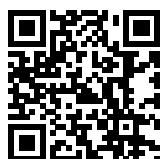
Please reply to this advert with your name and training requirements/questions.

Classes for sensible teens and up. Contact: click to



Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



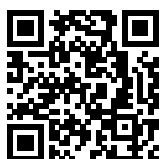
Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



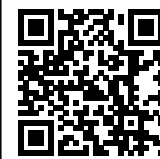
Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>



Practical Martial Arts and fitness training

<https://www.freeadsz.co.uk/x-412598-z>