

Wrestling practice (freestyle and submission) in East Brighton every Thursday evening



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-493886-z>



We are a small friendly non commercial dedicated group of close combat enthusiasts that practices Olympic wrestling and Submission grappling every Thursday evenings 7 - 9pm at Stanley Deason Leisure centre, Wilsons avenue, BN2 5PB, East Brighton.

We currently have a few vacancies for new members to join us, beginners welcome as long as you are dedicated to practice. We are licensed and insured with the BCA and our instructors are BWA qualified. We acknowledge you may only want to practice wrestling/grappling to further enhance your own discipline e.g. MMA, UFC, WWE, Pro wrestling etc therefore we always tailor drills and techniques to suit your purpose.

Get in touch for a chat and/or arrange a trial.



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