

# WrestlingGrappling practice every Thursday evenings in East Brighton



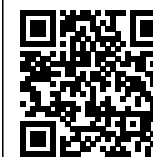
Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-524938-z>

Wrestling/Grappling is the core basic foundation for all hand to hand combat with it's well tested and tried fundamental principles of close combat body physics, positioning and CoG tactics, at all three levels (Standups, Takedowns and Groundwork) essential for all techniques to work. Our practice is for everyone from total beginner right up to an experienced grappler wanting to improve performance and or pick up new skills and techniques for whatever chosen combat styles (jitsu, mma, ufc, shoot etc) you're practising, even if it's basically for leisure and keep fit.

We are a small Brighton group that practice every Thursday evenings from 7pm - 9pm at Stanley Deason Leisure Centre, City College Brighton, 119 Wilson Ave, Brighton BN2 5PB.

Our club is non commercial, fully licensed and insured with the BCA with a qualified and experienced BWA wrestling/grappling coach.

For safety and continual unhindered progression in training, members are expected to turn up for practice, otherwise your membership will be withdrawn. Contact us if you are serious in taking up this sport and have any queries and/or to arrange a taster.



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