## Martial arts seminar fitness amp self defence open to everyone North Durham acaden



North, Tyne And Wear Location https://www.freeadsz.co.uk/x-549062-z



IMAF Europe U.K. Martial arts seminar judo jujutsu aikido iaido Sunday October 15th 10 15am- 1230 pm & 1pm- 330 pm adults £15 full day £ 8 per session Juniors/unwaged £10 full day £5 per session





















