

# Learn Self Defence (Particularly for Ladies and the Older Person) (2.50 GBP)



Location

Wales, West Glamorgan

<https://www.freeadsz.co.uk/x-555248-z>



Celtic Hybrid Jujitsu is now based in Porthcawl. We are a small group who meet on a Wednesday evening at the Porthcawl Health and Fitness Studio (7-11 John Street) from 7.30-9.30pm. We aim to provide basic, but effective self defence instruction, in a relaxed and safe environment. The lead Instructor and Co-Instructor have in excess of 50 years combined martial arts experience and our current syllabus is aimed at all ages from 18 upwards, but particularly the older person. Our oldest member is 71 years of age and started a year ago!

There is no level of fitness required and training is light, friendly and takes place in a safe, no ego, matted environment. Insurance is available for a small annual fee and there is an under 55 and over 55 training programme, with achievement of progression throughout the training. Please come along to chat, watch, have a.



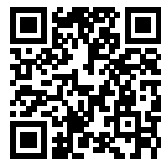
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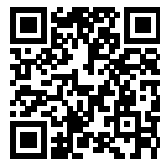
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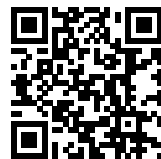
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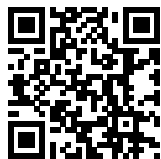
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