

ATEMI JUJITSU (10 GBP)



Location **London, London**
<https://www.freeadsz.co.uk/x-560496-z>



Ateemi Ju-Jitsu includes combinations of striking techniques (atemi-waza), throwing techniques (nage-waza) and grappling techniques (katame-waza), delivered both standing (tachi-waza) and/or on the ground (ne-waza). Practical applications include intense focus on randori and jiyu kumite to confront techniques to real-life scenarios and non passive partners. It combines techniques from traditional jujutsu systems of the Muromachi, Azuchi-Momoyama, Edo and Meiji periods, along with techniques found in Gendai Budo such as judo, karate, aikido and savate. This has produced a very effective and integrated self-defense martial art with ancient roots and traditions.

THIS IS FOR ANYONE THINKING ABOUT OR HAS THOUGHT ABOUT TRYING A MARTIAL ARTS LESSON, BUT ISN'T QUITE SURE IF IT'S FOR THEM? NOW'S YOUR CHANCE TO GIVE IT A GO.

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."Eighty percent of achieving that success is showing up

New students are always welcome and we are happy to honour the belt of any existing or former Traditional Jujitsu trained student, (providing proof of grade) who are wishing to expand their knowledge.

Kids classes from 14yrs, Adults 16 upwards. Children under 14 with a mature disposition can train at

instructors discretion. For more information about any of our clubs, or if you are a prospective new student looking for a martial arts club, please email info@ateemiju-jitsu.co.uk.... click on the QR code below



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