



## **Traditional Ju-Jitsu and Self Defence**

We teach from 16 years old upwards (Senior mat) and 8-16 (Junior mat). Traditional Ju-Jitsu along with Self Defence varying from General self-defence to escaping from grips, holds and weapons (knives baseball bats etc.).

Seniors: Tuesday 8:00-9:30pm and Wednesday 7:30-9:00pm

**Training at Blackbird Leys Leisure Centre, Pegasus Road,**

**Blackbird Leys, Oxford, Telephone 01865 467020**

Further Details to Follow or E-mail [John.surrage@btopenworld.com](mailto:John.surrage@btopenworld.com)

Website <http://www.oxfordjujitsu.co.uk/>