



# 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).

Juniors: Wednesday 6:30-7.30pm

Seniors: Wednesday 7.30-9.30pm

**Training at Blackbird Leys Leisure Centre, Pegasus Road,  
Blackbird Leys, Oxford OX4 6JL, Telephone 01865 467020**

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