

JU JITSU RUGBY



The Kids Martial Arts Classes incorporate Safety Awareness, Personal Values, Fun Fitness Games and Martial Arts Techniques. The benefits for kids are tremendous, from increasing confidence, improved discipline, focus and coordination.



The Teenage Ju Jitsu Class follows the adult Ju Jitsu program but keeps the Teens training as a group. Ju Jitsu is great for teens, effective self defence skills, building confidence and self esteem.



The Adult Ju Jitsu Class is dedicated to effective self defence and personal development. Suitable for everyone regardless of age, gender, size or current fitness level.



The Martial Fitness Class is great for developing overall fitness. It incorporates functional exercises, cardio Karate, body resistance exercise, jump rope, punchbag workouts, speedball and focus pad training.



Martial Arts Programs - Teen Ju Jitsu - Adult Ju Jitsu - Martial Fitness

Try Our 1 Month Free Trial
Kids Martial Arts
www.ju-jitsu-rugby.com

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