



RED TO BLACK JU-JITSU CLUB

Helping young people achieve

Self Defence

Confidence

Self Discipline

Raise Fitness Level

Encourages Awareness

Our students gain improved physical and mental health, above average fitness, better self-esteem and respect for others.

The club is open to everyone from 5 years old to adult.

Every Tuesday Lydiate Parish Hall Southport Road

Children 7:30pm to 8:30pm Adults 8:30pm to 10:00pm

Everyone is made welcome in a very friendly atmosphere

Only £3.50 per session. First session FREE

For more details call Sensei Eddie on **07836 592 241**