



Eight Waves School Of Martial Arts

Aiki Juj Jitsu is a traditional martial arts that includes techniques of striking, throws, grappling and weapons. It is a complete martial art that many other martial arts have been derived from. It combines the precision and grace of Aikido with the power of Karate and the skills of Judo.

Aiki Ju Jitsu is traditionally practiced on a matted area for safety and while wearing a heavy weight training uniform.

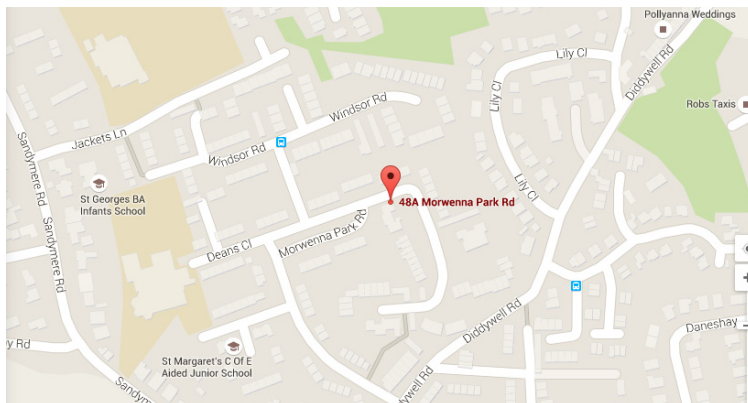
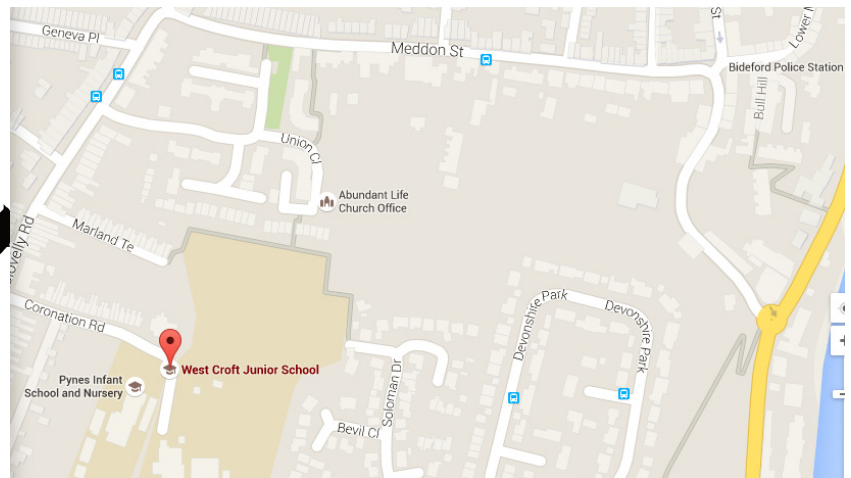


Classes Westcroft School, Bideford.

Monday 5:30-6:30pm Juniors
7:30-9:30pm Adults

Friday 7-9pm Adults

Sunday 10-11:30am Juniors and Adults



United Community Centre, Northam

Wednesday 6:30-7:30 Juniors
7:30-9:00 Adults

Juniors £3 Adults £5

For Further Details contact
Dan Hosegood and Alan Powe on 07933 875144
or info@eightwaves.co.uk
for other classes check eightwaves.co.uk

All instructors are first aid
qualified and CRB checked