

What can you find in Ju Jitsu?

You can find almost any technique in Ju Jitsu from basic self defence, judo and aikido throws, Karate and muay thai style striking (punches, kicks, knees, elbows etc), empty-hand combat techniques, locks and restraint techniques, training in use of traditional and modern weapons.



How can my children or I benefit from learning Ju Jitsu?

Many people will find that their self confidence grows as not only as a result of their ability to defend themselves more effectively but they develop many skills whilst becoming a valued training partner and member of our club.

Students also generally find an improved awareness of danger and/or threatening situations.

Physical strength, stamina, flexibility and agility also generally improve as the student's skills progress.

We base our training on co-operation, only by working with your training partner can you both improve your skills we therefore promote mutual respect and interaction rather than aggression and competition amongst club members.

Children are encouraged not only by the attainment of new belts but by focused mentoring by our instructors. All students are taught that violence is only ever the last resort giving them a healthy respect for others.

We open our doors and stretch out our hand of friendship to anyone from every gender and creed who wishes to train and learn with us.



The objectives of the club are to encourage and co-ordinate the pursuit of the sport and recreation of Ju Jitsu amongst its members and to provide quality, enjoyable training whilst maintaining good club morale and an understanding of traditionalism.



Shihan Brian Burgess – 5th dan
Head Of Federation

Over the years shihan has trained to a high level in many other fighting and martial arts disciplines (including boxing, aikido and judo). Extensive knowledge of first aid and acupressure also form an integral part of shihans outstanding martial arts knowledge. Shihan integrates his wealth of the martial arts knowledge in all styles and teaches them under the Hakudu Ryu umbrella.

Shihan and the club are fully insured and have been CRB police checked all details are available if requested



St Stephens Walk
Ashford
TN23 5BD

For more information contact Shihan
Brian Burgess on 01233-635854 or
07947-272235

Email : burgessbd@hotmail.com

Please feel free to come along and have
a look at what we do and a no
obligation consultation.



Training times

Juniors (aged 5 and over)

Sunday - 9.30am – 10:45am

Seniors

Sunday - 11.00am – 12:45pm

Wednesday - 8.00pm – 10:00pm

Hakudu Ryu Ju-Jitsu Federation

Affiliated To The
Amateur Martial Arts Association

<http://www.hakuda-ryu.co.uk>

COMING SOON

Ladies Only Self Defence Classes



BRING THIS LEAFLET WITH YOU
AND GET 5 SESSIONS FOR THE
PRICE OF 4!!!!!!!