

Don't be Scared – Be Prepared!

Learn Ju Jitsu

FREE
TASTER
CLASS



KAISHO
MARTIAL ARTS

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www.kaishouk.com

Don't be Scared – Be Prepared!

Learn Ju Jitsu



Learn a combination of traditional Japanese Ju-Jitsu techniques plus Karate, Kick boxing and Modern Combat Martial Arts designed to keep you safe in 'Real Life' situations.

An ideal Life Skill and Self Defence Martial Art for children aged 7–11 that improves self-confidence, respect, focus and discipline.

The Kaisho Academy programme has been developed to include important social skills whilst encouraging and reinforcing the values of respect for others, friendship and standing up to bullying.

Our instructors are: • DBS vetted • 2nd Dan martial artists

• Hold certificates in safeguarding children

FIRST LESSON IS FREE and classes are held every Thursday 4.30–5.15pm



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Only £45 per school half term
+ **FREE Ju Jitsu Suit** worth £35

To **book your free lesson**
email kaishoama@gmail.com
or **book online at**
www.kaishouk.com

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