

HEIJOSHIN JU-JITSU



Individual expression and growth through the art of Ju-Jitsu



Traditional Japanese Ju-Jitsu has been practiced for over 600 years. The art incorporates striking, kicking, throws, standing and ground wrestling. Children are taught syllabus and a belt system in a friendly and caring environment.

If you wish for your child to try out Ju-Jitsu in September, Please email us your child's name and year group. We will then contact you. First lesson is **FREE**.

Without obligation. It will be on a first come first served basis.

Heijoshin is a permanent club which has been at Unicorn for 8 years.

Come and try out the best club you haven't joined yet!



Heijoshin provides Ju-Jitsu training for children from 4.5 years through to adults, based out of various Bromley Schools.

Thursdays Years 1, 2 and 3 8.00 – 8.45am

Fridays Years 4, 5 and 6 8.00 – 8.45am

If you have any questions, please do not hesitate to contact me.

Sensei Michael Hughes

Michaelhughes@heijoshin.org.uk

07719 794142