

HARLOW **Star**

No. 799 (H)

20p where sold

Thursday, October 5, 1995

Ju Jitsu course returns to town

THE Jikishin Ju Jitsu Association Annual national and international course and competition is returning to Harlow later this month after being held in Kent for the last three years.

Senior instructors and competitors from all over Europe are expected to attend the event, which is to be held at Harlow Sportcentre on Saturday October 21.

The course will take place in the morning, starting at 10am with the competition kicking off at 1pm.

The competitions will consist of sparring, kata and pairs demonstration (juniors) plus men's sparring, women's sparring, random attacks, groundwork, kata and pairs demonstration. Also featured will be the adult open international pairs with medals being awarded in gold, silver and bronze categories throughout.

With its headquarters based in Essex, Jikishin is the largest association within the British Ju Jitsu Association, the official Sports Council recognised governing body.

It has more than 4,000 British members and a large following worldwide, and people from South Africa, Belgium, Germany, Ireland, Italy, Malta and Denmark are expected to travel to Harlow to take part in the event.

While still primarily a self defence system, Ju Jitsu lends itself well to a sports format and makes for very exciting entertainment. Spectators are very welcome to attend the event.