



# Harlow & Ongar Jikishin Ju Jitsu Clubs



## Competition Classes for the Jikishin Ju Jitsu National Course & Championships 4th November 2017 - Tilbury.

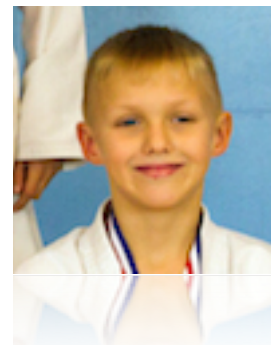
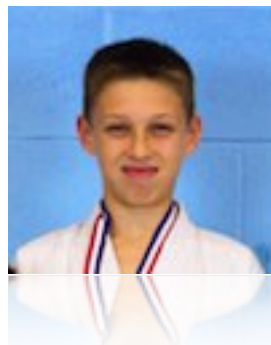


Some of the 2016 Competition Team

Prices for training: £ 5.00  
per session.

Mondays from 5:15pm to  
6:15pm.

- Sparring
- Ground Fighting
- Random Attacks
- Open Hand Kata
- WeaponsKata



Hando Medal Tally - Jikishin Championships 2016

**4 Gold, 6 Silver, 8 Bronze**

### Training Dates

September: 4, 18, 25

October: 2, 9, 16, 23, 30

Earl Walker: 07872 620551

Jackie Walker: 07590 602020