

# martial arts coures self defence amp fitness for everyone 11 years Sanley co Durham



Location **Northern Ireland, County Durham**  
<https://www.freeadsz.co.uk/x-458914-z>

martial art course open to everyone 11 years + instructors from the international martial arts federation of Europe IMAF EUROPE in judo jujitsu aikido & iaido east Stanley school dh90tn chester road co durham  
 sunday 20th November 10am-1230pm & 1pm-4pm £15 full day £8 per session juniors/unwaged £10 full day £5 per session ;



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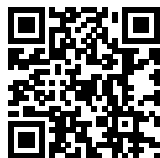
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