

martial arts beginners class health fitness self defence Chester le street



Location **North, Tyne And Wear**
<https://www.freeadsz.co.uk/x-549063-z>

Martial arts for fitness health & self defense aikido controls throws strikes and sword and stick arts
 Chester le street community centre DH3 3TS Thursdays 730 pm-9 pm 10 years +
 Can be practiced without high or hard break falls doesn't include high kicks



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