



MARTIAL ARTS EXTRAVAGANZA

“NINJA DAY”

SATURDAY 5TH NOVEMBER

9:00am – 1:00pm

White Horse Leisure & Tennis Centre

Come and experience a whole range of fantastic martial arts and help us raise money for
Save the Children

All styles and ranges of martial arts to suit children from 2 years to adults of any age

Minimum donation of £5 per person

Time	Martial Art	Age Group	Court
9:00am	Kickboxing	Adult (16yrs+)	1
9:00am	Tiny Tigers	2 – 6 year olds	2
9:00am	Brazilian Jiu Jitsu	Under 10 year olds	3
9:00am	Children's Karate	4 – 16 year olds	4
9:45am	Tae Kwon Do	All ages from 5 years	2
9:45am	Brazilian Jiu Jitsu	10 - 16 year olds	3
9:45am	Jeet Kune Do	Adult (16+ years)	4
10:00am	Children's Combined Martial Arts	6 – 15 year olds	1
10:30am	Wing Chung	Adult (16+years)	2
10:30am	Tiny Tigers	2 – 6 year olds	3
10:30am	Kickboxing	Adult (16yrs+)	4
10:30am	Body Combat	14 years – Adult	MS
11:00am	Kali / Escrima	Adult (16+years)	1
11:15am	Wing Chung	Adult (16+years)	2
11:15am	Brazilian Jiu Jitsu	Adult (16+years)	3
11:15am	Family Karate	All ages from 4 years	4
11:45am	Jeet Kune Do	Adult (16+ years)	1
12:00pm	Children's Combined Martial Arts	6 – 15 years	2
12:00pm	Kali / Escrima	Adult (16+ years)	3
12:00pm	Kase-Ha Karate	12 years +	4
12:30pm	Tae Kwon Do	All ages from 5 years	1

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For Children

2 – 6 years	Tiny Tigers Karate	A perfect blend of coordination games and activities combined with traditional Karate exercises
4 – Adult	Family Karate	A Japanese martial art that is a weaponless means of self-defense. It consists of dynamic offensive and defensive techniques using all parts of the body to their maximum advantage.
6 – 15 years	Children’s Combined Martial Arts	An exciting combination of Sport Karate, Judo, Brazilian Ju Jitsu, Kick Boxing, and Kali
5 – 10 years & 10-16 years	Brazilian Jiu Jitsu	BJJ is an art that has its roots in Judo and traditional Ju Jitsu, but has evolved to become the world’s best ground fighting art.
12 – Adult	Kase Ha Karate	Kase-Ha Karate is really for karate -ka who have "lost" their way . The body gets weaker with age, Kase-Ha is a way to understand the breathing along with the techniques and connection with the ground.

For Adults (16 years+)

Brazilian Jiu Jitsu	Ground fighting - The premise of BJJ is that a smaller and weaker opponent can over come a larger assailant through good technique, knowledge of positioning and movement.
Body Combat	An energetic mixed martial arts aerobic class to music.
Jeet Kune Do	(Bruce Lee) a range of systems and distances from weaponry to ground fighting. Great mixed martial art.
Kali/Escrima	Eskrima (also known as <i>Arnis</i> and <i>Kali</i>) is a weapons based martial art which comes from the Philippines.
Kickboxing	Based on Bruce Lee’s kickboxing (Jun Fan Gung Fu), Thai Boxing, Western Boxing and sport Karate.
Tae Kwon Do	Taekwondo Korean martial art and means "to strike or break with foot"; loosely translated as "the art of kicking and punching."
Wing Chun Kung Fu	Wing Chun is a concept-based Chinese martial art and form of self-defense utilizing both striking and grappling while specializing in close-range combat.

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