



# FUDOSHIN MARTIAL ARTS

**Instructor (Fudoshin Master)**  
Kevin King AMA 6<sup>th</sup> Dan and  
over 37 years of continual  
experience in many martial arts  
systems.

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**Cost:- £20**



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## JUJITSU DEFENCE & TRIPLE CONTESTING

*Open to all Arts and Organisations*

**Date:-**  
24 June 2012

**Time:-**  
10.00—1500

**Venue:-**  
Dorchester Judo Club, Saw-  
mills Lane, Dorchester, Dor-  
set, DT1 2RZ

### Content

#### **Overview of Fudoshin Jujitsu:-**

- Jujitsu Defence Atemi (Striking) Techniques
- Jujitsu Defence using attackers own force
- Jujitsu Defence and Immobilising and restraining
- Jujitsu Deference from the ground against standing attackers
- Jujitsu Unarmed defence against knife attacks

#### **Triple Contesting & Jujitsu Shai:-**

- Jujitsu Atemi Waza - Kumite Sparring
- Jujitsu Nage Waza, Renroku, Asewaza, Throwing, counter & combinations
- Jujitsu Gatame Waza. Ground Fighting Counter and Combinations

#### **Need First Aid Training?**

- Jujitsu HSE Approved
- Jujitsu Low cost

Give me a call or visit:  
www.vktraining.co.uk

Tel: 07593830671



#### **Courses available:**

- Jujitsu First Aid at Work (FAW) 3 days
- Jujitsu FAW Refresher 2 Days
- Jujitsu Emergency First Aid 1 Day
- Jujitsu Paediatric First Aid 2 Days
- Jujitsu National Pool Lifeguard 33 hrs
- Jujitsu Sava a Baby's Life 2 hrs

