

# SEIJITSU

## MARTIAL ARTS CLUB

***NEW SELF DEFENCE  
& FITNESS CLASS***

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**TUESDAYS: 7:00-8:15PM**  
**SUMMERCROFT PRIMARY SCHOOL**  
**BISHOPS STORTFORD CM23 5BJ**  
**AGES: 11-15 YEARS AND ADULTS**


**Realistic self defence scenarios,  
conditioning drills and Hiit fitness exercises,  
delivered in a safe, friendly and open environment**

*Chief Instructor (35 years experience)*

**SHIHAN MATT SPRIGGS 6<sup>TH</sup> DAN**

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