

Channel your inner
Bruce Lee with two
expert-led workshops...

25 August AGE 7+
Nunchucks Workshop

28 August AGE 14+
Weapons Workshop

**BOOK NOW
ONLINE!**



MARTIAL ARTS EVENTS
AT THE DOJO THIS SUMMER

14-18 August
AGES 8-12

Kickboxing Crash Course

Learn the core skills
of kickboxing + some
added ninja extras!

**JUST
£20!**

See website for full details:

www.mantismartialarts.co.uk/events

