

A FAMILY RUN CLUB WELCOMES
EVERY FAMILY MEMBER,
STARTING FROM AGE 5 TO 75.



Terry Chipperfield-Harrison with his 8 year old son,
Kenton Chipperfield-Harrison

YOUR INSTRUCTOR

Terry Chipperfield-Harrison,
1st Degree Black Belt Instructor of

BLUE TIGER Martial Arts Academy.

Terry has trained in two Martial Arts, Judo
and most recently Choi Kwang Do and now
has more than 10 years Martial Arts
experience.

"I am passionate about the benefits that my
Martial Arts Academy **BLUE TIGER**
can offer to individuals of any age and ability".

How can

BLUE TIGER Martial Arts Academy

Help You?

Learn Self-Defence - Our Martial Arts offer
a practical, direct and effective self-defence
system. These techniques have been designed to
follow the natural movements of the body to
generate maximum force, whilst being easy to
learn.

Family Classes - Our classes provide a great
opportunity for all the family to spend time
together in a safe and friendly environment.

Suitable for Young Children - We believe
that in a happy environment a child will
concentrate and learn faster, but experience
tells us that children younger than 5 years find
it hard to fully understand the Martial Art
concept. Therefore, we will accept children
from the age of 5, allowing individuals to start
from this early age and continue into their
senior years.

Get Fit - Our Martial Arts are designed to
develop the individual through progressive
training. We have many enjoyable drills used to
develop aerobic and anaerobic fitness.

Lose Weight - Our classes include some of
the most modern scientific training methods
such as P.A.C.E.® which has been proven to
be one of the most effective ways of losing
weight when used in conjunction with a
balanced diet.

Reduce Stress - It has been scientifically
proven that regular exercise can reduce stress,
so improving health and general well-being.

BLUE TIGER



*Martial Arts
Academy*

LADIES CAN ALSO ENJOY MARTIAL ARTS



Every Body Will Benefit

Our family run classes will show you that **BLUE TIGER** *Martial Arts Academy* is not just for men. Indeed we feel that the different styles of Martial Arts that we teach, will benefit all of our students with their own Self-Defence Development.

BLUE TIGER *Martial Arts Academy* teaches a unique modern punching and kicking Martial Art based on scientific principles that promote optimum health, practical self-defence and personal development, in the form of the Korean Martial Art, Choi Kwang Do, founded 25years ago. We also teach Kodokan Judo, a traditional Japanese throwing Martial Art. This is a system of combat, physical training and character building, founded in 1882 in Tokyo, Japan. We will teach strangles, joint-locks and holds.

"If what you learn is taught well, you will use it and never lose it"



Our
Principle
Values

Friendship
Humility
Honesty
Gentleness
Perseverance
Self Control

Have you ever been told by your doctor

"You're just getting older and whatever your ailment, You should learn to live with it".

Well I didn't, so why should you.

"STAY YOUNGER LONGER"

- * Optimum Health & Wellbeing
- * Exercise in a fun & friendly environment
- * Improve mobility, balance & control
- * Build Self Confidence & reduce stress

"STAY YOUNGER LONGER"

07966 338 994

BLUE TIGER

Martial Arts Academy

FAMILY (5+)

SELF-DEFENCE CLASSES
TUESDAYS 5.45-6.45PM.
FRIDAYS 6-7PM.

ADULT (12+)

SELF-DEFENCE CLASSES
FRIDAYS 7-8PM.

AT

ST. NICHOLAS CHURCH HALL,
BATTENBURG AVENUE, COPNOR, PO2 0SN.



Call or Email today to
book your First Month
of FREE

Introductory Classes

terry@bluetigermartialartsacademy.co.uk