

Ju – Jitsu with John Smith

Ju-Jitsu is considered the oldest Japanese martial art and originated as the unarmed combat system of Samurai warriors on the battlefields of Japan.

Ju-Jitsu has been around for more than a thousand years and is considered to be the most efficient and practical self-defence and fighting system of today.

Ju-Jitsu will improve well-being for men and women by increasing strength, fitness, flexibility, co-ordination, self-confidence, self-discipline and mental control.



Wednesday

7.30pm – 9.00pm
(Adult / 14 yrs +)

Judo with Jim Feenan

Judo is best known for its spectacular throwing techniques but also involves considerable grappling on the ground utilizing specialized pins, control holds, arm locks, and Judo choking techniques.

Judo emphasises safety and full physical activity for top conditioning while developing self-discipline as well as respect for oneself and others.



Monday

6.00pm – 7.00pm
(6+)

Monday

7.00pm – 9.00pm
(Adult)

Thursday

8.00pm – 9.30pm
(Junior & Adult)

Saturday

9.00am - 10.00am
Junior beginners
10.00am – 11.00am
Junior intermediate
11.00am – 12.00am
Junior Advanced

Shotokan Karate with Kevin Slaney

Shotokan Karate is the most widely practised form of karate in the world, and has a strong presence in the UK.

Karate will develop not only your fitness, but your co-ordination, speed, strength, flexibility and also increase your self-confidence and determination.

Whilst karate is predominantly striking based, you will also be trained in throwing and grappling techniques, together with locks and chokes.



Thursday

7.00pm – 8.00pm
(Junior 6 – 12yrs)

Thursday

8.00pm – 9.00pm
(12+ Approved by instructor)

Pilsung-Ecosse Tae Kwon Do

with Scott McArthur

As featured in the Olympics, Tae Kwon Do is the Korean art of self-defence and means "The Art of Hand and Foot Fighting".

Tae Kwon Do teaches the techniques of unarmed combat for self-defence, involving punches, kicks, blocks, dodges and restraints.

Most of all Tae Kwon Do is about self-imposed discipline, fitness and inner peace.



Tuesday

6.00pm – 7.00pm
(Junior / Adult)

Saturday

10.00am – 12.00pm
(Junior / Adult)

Kupso with Craig Gibson

Recognised as one of the most forward looking Martial Art bodies in the UK we train in numerous martial art and combat systems utilising pressure (Kupso) points.

We offer self defence training along with fitness & exercise through friendly and informal classes which not only make your children safer, but are great fun too.

Saturday

1.30pm – 2.30pm
(Green tag and above)

2.30pm – 3.30pm
(Children 5 - 12yrs)

3.30pm – 4.30pm
(Adults / Advanced)



For more information on classes, please visit the websites below:

KUPSO

www.kupso.com
ukadmin@kupso.com

JU JITSU

www.jujitsuscotland.com
john@jujitsuscotland.com

SHOTOKHAN KARATE

www.fife-shotokan.org.uk
kevslaney@aol.com

JUDO

Facebook Carnegie Judo Club
jim.feenan@btinternet.com

PILSUNG-ECOSSE TAE KWON DO

www.pilsung-ecosse.co.uk
info@pilsung-ecosse.co.uk

Martial Arts Classes

www.fifeleisure.org.uk

duloch
leisure centre

Nightingale Place, Dunfermline, KY11 8LW
Tel: 01383 602209