



Harrow Martial Arts

Teaching Professional Standards In Martial Arts, Self Defence and Fitness

Have you ever wanted to learn real Martial Arts, Self Defence or simply get fit?

Harrow Martial Arts is able to offer all these services, plus more!

We hold regular classes for all ages in Traditional Martial Arts and Fitness and regular Self Defence courses for Individuals and Companies.

Our reputation is second to none.

**If you are looking for professionally run classes and courses,
With top instructors, at the best prices in the area, look no further!**



Harrow Martial Arts can offer you and your children the following:

- *Separate Adult, Children and Family classes taught by a World Champion & Combat 'Hall Of Fame' inductee*
- *Classes suitable for complete novices & experienced students, that are friendly and fun*
- *Self Defence courses for non-martial artists that are recognized World Wide*
- *Private Tuition & Separate classes for Martial Arts, Fitness & Self Defence*
- *Value for money with quality training*
- *Proper length classes*
- *No contracts!*



Why not come down and try out a no obligation, free lesson

The best time to plant a tree may have been 20 years ago, but the second best time is now!

Visit

www.martialartsinharrow.com

For venues near you, class times and further information

Or call: **07759 438779**

**Anything you do can get you hurt, including doing nothing!
So do something TODAY!**

