



R.I.F.F.S

Master Shahid Yousaf.



Chief Instructor

(Known for pressure-points and ground fighting)

**Specialising in:- Kick Boxing, Tae Kwon Do,
Wing Chung, Juijitsu**

**25 yrs experience in:- Nightclub Door Control,
Personal Body-guard Service, Sports Instruction**

- * Separate classes for adults and children*
- * You don't have to be fit to join, work at your own pace*
- * SELF DEFENCE CLASSES FOR ALL AGES**

**FOR MORE INFORMATION TEL:
01788 576376 / 07836 792768**