



TWIN TIGERS MARTIAL ARTS PROGRAMS

WWW.TWINTIGERS.COM.AU

At Twin Tigers we teach the Northstar Ju Jitsu system of martial arts which is a powerful, easy to learn self-defence system suitable for men and women of all ages and children from 3 years of age.

Northstar Ju jitsu combines elements from various martial arts including Taekwondo, Jujitsu, kickboxing, Judo and Aikido into a blended system that gives students the advantage they need to protect themselves in virtually any situation.

Martial Arts is one of the best fitness classes. As you feel good about your weight loss, increased flexibility and new levels of stamina and energy, your confidence will shine.

Kick, punch, and block yourself to a fitter healthier mind, body and spirit.

We welcome and encourage all people from every walk of life to come and join in the experience.

Beginners welcome at every class

CONTACT US

0412 151 413

info@twintigers.com.au

OUR CLASSES

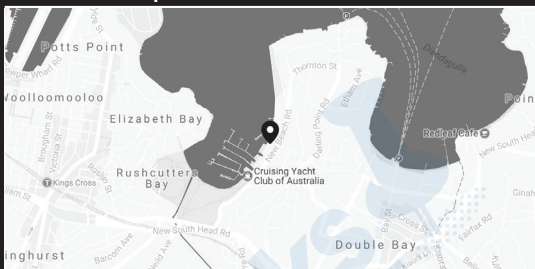
Adults – All levels

WEDNESDAY

7.00pm

Cooper Park Dojo

12 Cooper Park Rd, Bellevue Hill



Adults – All levels

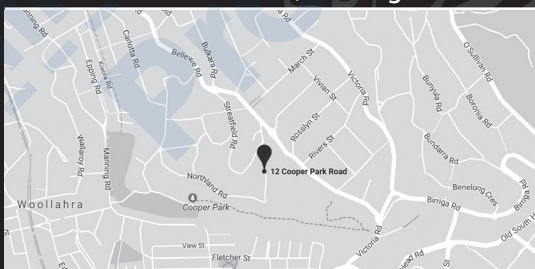
SATURDAY

10.00am

Darling Point Dojo

Upstairs at the Drill Hall

1C New Beach Rd, Darling Point



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