

Training Programme

Self-defense (Kung Fu - Jiu Jitsu)

Kyusho Do (Kyusho International)

Personal security and risk management (e.g. Anti-bullying & Streetwise codes of conduct etc.)

Security Officer Skills (& Criminology)

Chi Kung and Meditation Training

Neuro-linguistic Programming (NLP)

Fitness & Health (e.g. Circuit training, swimming, kick-boxercise & Parkour etc.)

Multi-Environment Training (Indoors and Outdoors)

Language training (Finnish & English)



Life Skills for Life & Learning



Liikan Jitsu Club ry

Rajatorpan kalliosuoja
Rajatorpantie 27
Vantaa, 01600
Phone: 044 333 55595
liikanjitsu@aol.com

Liikan Jitsu Club ry



**Product/
Service
Information**

From Jiu Jitsu and Kung Fu to Liikan Jitsu & Kyusho, effective & realistic training in a modern school for modern day society.

● Tel: 044 333 5559

About Us

We are a group of friendly and open minded people from a wide spectrum of ages and multi-cultural backgrounds that train together in a spirit of mutual friendship, support and co-operation to develop our skills and ability to avoid, prevent and manage conflicts, but if and when necessary, defend ourselves, our families and friends.

What we practice is not a sport, even though friendly competition is an essential part of the training process, nor is it about gratuitous violence and aggression. It is about having fun and keeping fit and healthy in the process of self-defense training.



Effective & Realistic Training

About the Instructor

www.spensort.com

Qualifications:

3rd degree black belt (1982 to date)
M.Sc. Security & Risk Mgt.
Certified Protection Officer (CPO)
NLP Master practitioner certificate.
HE Vocational Teacher (HAMK)
TEFL English language teaching certificate

Work experience:

Self-defense teaching since 1987
Kyusho Study Group Leader since 2010.
Security supervision (Järjestyksenalvoja).
Security guarding (vartija / vahtimestari)
Security & Risk Management Lecturer.

About the Training

Club training (8-12; 13-18; 19+ yrs):

- Sundays & Tuesdays (1,5 hrs)
- Tuition in Finnish & English

Afternoon (Iltis) classes for school kids:

- 1.5 hours (tuition in English)
- Twice per week (per demand)

More information and videos can be found from the following websites:

Training, Events and Bookings:

www.MeetUp.com/liikanjitsu-meetup

Promotional & Informational Videos:

www.youtube.com/user/chrissuli

Club and Style Information:

www.liikanjitsu.com



Multi-Faceted Training

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