



JLS man: Oritse Williams with his sister at the Pavilion

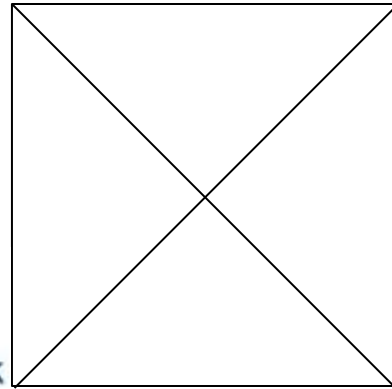
A bit of brotherly love

A member of boyband JLS visited a martial arts class in Sutton on April 22.

Oritse Williams went to watch his sister test for her

yellow belt at Chi Combat System in the Sutton Pavilion.

For more information visit chicombatsystem.com.



[JLS band member visits martial arts group](#)

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(The Sutton Pavilion is next to the Sutton Tennis Academy at Rose Hill. See full article at the Sutton Guardian.)

For more information visit: chicombatsystem.com.

FREETIME 

Learn defensive martial arts in Sutton, Mitcham and Morden

By Sophia Sleight

9:10am Monday 23rd April 2012 in Freetime

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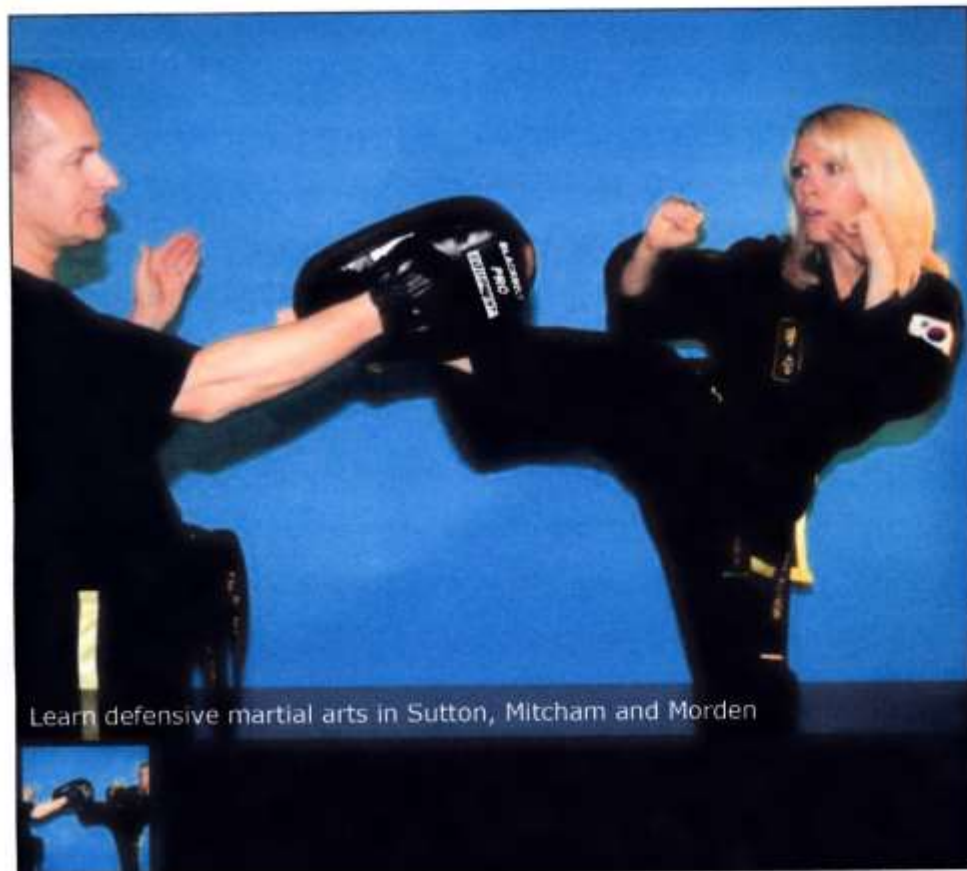
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Learn defensive martial arts in Sutton, Mitcham and Morden

Learn to defend yourself against a knife attack, gain some positive energy and release stress by learning a martial art.

Chi Combat System is a mixture of martial arts designed solely for street attack defence.

It was created by Donunim Master Ralph Allison, 52, who decided in 2009 that it was time to create a martial art with less complicated patterns based solely on defence.

He says his martial arts are based purely on self-defence and one of the things they teach is knife defence.

Knife defence is not that different to blocking a punch however after dodging and blocking you must restrain your attacker.

LOCAL BUSINESSES 

Allison says: "Many martial arts teachers teach you to defend yourself against someone roughly the same size.

"I think that's rubbish – a small person should be able to defend themselves from anyone.

"It's a fallacy that people think you have

to be big and strong to defend yourself.

"I used to be quite shy – when I was a boy my older brother said to my mum why don't you take him to martial arts.

"My brother was county champion in Judo and I started Judo but I found it very restrictive.

"Judo was just not good enough so I kept searching."

Chi Combat System is all about pressure points and being quick and anyone can take part.

Chi Combat System with Dojunim Master Allison, Sutton, Mitcham and Morden, for prices call 0208 646 5551, £5 for first class.

DEFEND YOURSELF

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Keeping alert: Chi combat system deals with street attacks

