

# Combat Jiu-Jitsu Academy Table View

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Table View, Cape Town  
South Africa

Phone: 083 658 3132

Combat Jiu-Jitsu Academy >>> MMA, Grappling, Self Defence  
The Combat Jiu-Jitsu Academy (CJA) is run by Mike Herbig - 6th Dan Jiu-Jitsu Instructor and is affiliated to the South African Jiu-Jitsu Council (SAJJC)  
FOR CHILDREN:

CJA is the biggest jiu-jitsu school for children in the country. We provide for children an environment to grow and study the art of jiu-jitsu, grappling, martial arts and self-defence! They will gain PHYSICAL SKILLS , SELF CONFIDENCE and learn SELF DEFENCE.

We promote the 3 R's:  
RESPECT | RESPONSIBILITY | RECREATION!

The children have a huge amount of FUN while learning a very effective martial art: jiu-jitsu (grappling) in a very safe environment, taught by highly skilled instructors, who specialise in dealing with kids. Safety is our highest priority in this realistic all-round fighting art and our instructors are trained to the highest level of competence and skill.  
FOR ADULTS:

For adults the Academy will provide a place to discover the art and science of COMBAT JIU-JITSU in an environment that is safe, free from egos and fun place to be able to do grappling, jiu-jitsu and self defence. You are never too old to start training with us now.

Being able to de-stress after a hard day, relax in a comfortable atmosphere, while getting fit is a must have on any persons schedule.

The training is based on the very best that the fighting arts have to offer.

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