

## Physical activities and healthy living

### Martial Arts

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Aikido Comets (Japanese self-defence)</b> Aikido Comets focuses on developing adolescents awareness of personal safety, without the use of punching or kicking.</p>	12 to 18 years	Saturdays 11.30am to 1pm	The Campus Highlands Lane Weston-super-Mare BS24 7DX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Sensei Phil Benge 5<sup>th</sup> Dan 07786 513 973</p> <p><a href="mailto:Sensei@risingstarsaikido.org.uk">Sensei@risingstarsaikido.org.uk</a></p> <p><a href="http://www.Risingstarsaikido.org.uk">www.Risingstarsaikido.org.uk</a></p>
<p><b>Doryoku Ryu Karate Jutsu</b></p>	4+	Thursdays 5pm to 8.15pm	The Campus Highlands Lane Weston-super-Mare BS24 7DX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Matthew 07870 936 064</p> <p><a href="http://www.doryokuryu.com">www.doryokuryu.com</a></p>

# Get Active in North Somerset

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<b>Karate - Backwell</b> Family-friendly traditional karate classes for ages 7 and up. Special courses for children aged 5-7.	5+	Fridays: 5.45pm to 6.25pm (ages 5-7)  6.30pm to 7.30pm (ages 7+, beginners upwards)  7.45pm to 8.45pm (ages 10+, brown and black belts)  Sundays: 10 to 11am (ages 7+)	Backwell Parish Hall Backwell Bristol BS48 3QW	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Tim Griffiths <a href="mailto:info@backwellkarate.org">info@backwellkarate.org</a> <a href="http://www.backwellkarate.org">www.backwellkarate.org</a>

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<p><b>Karate – Locking</b> Tuition in traditional and competition karate and self-defence combined with cardio, strengthening and stamina exercises</p>	5+	Fridays 6.30pm to 8.30pm	Locking Village Hall Grenville Avenue Locking BS24 8AR	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above (All of the above are welcome to an assessment session. Acceptance would depend on our ability to integrate the person into the main class safely, as we are unable to provide standalone specialised classes) <input type="checkbox"/> None of the above	Gary Doughty 07880 821 914  <a href="mailto:engankarate@btinternet.com">engankarate@btinternet.com</a>
<p><b>Karate - Nailsea</b> Traditional karate, taught by the experts from Bristol Karate Academy. A family-friendly activity for children and adults aged 7+</p>	7+	Wednesdays 6.20pm to 7.20pm (beginners upwards)  7.45pm to 8.45pm (brown and black belts)	Nailsea School Mizzymeard Road Nailsea BS48 2HN	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Tim Griffiths <a href="mailto:info@nailseakarate.com">info@nailseakarate.com</a>  <a href="http://www.nailseakarate.com">www.nailseakarate.com</a>

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<p><b>Karate – Uphill</b> Tuition in traditional and competition karate and self-defence combined with cardio, strengthening and stamina exercises</p>	<p>Juniors: 5 to 11 years</p> <p>Seniors: 12+</p>	<p>Fridays</p> <p>7pm to 8pm (Juniors)</p> <p>9pm to 9.30pm (Seniors)</p>	<p>Uphill Village Hall Westfield Road Uphill Weston-super-Mare BS23 4XG</p>	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input checked="" type="checkbox"/> All of the above (All of the above are welcome to an assessment session. Acceptance would depend on our ability to integrate the person into the main class safely, as we are unable to provide standalone specialised classes)</p> <p><input type="checkbox"/> None of the above</p>	<p>Wendy White 07979 328 327</p> <p><a href="mailto:engankarate@btinternet.com">engankarate@btinternet.com</a></p>
<p><b>Rising Stars Aikido (Japanese self-defence)</b> Rising Stars Aikido focuses on developing children’s awareness of personal safety in a fun way, without the use of aggression</p>	<p>4 to 11 years</p>	<p>Saturdays 10am to 11am</p>	<p>The Campus Highlands Lane Weston-super-Mare BS24 7DX</p>	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input checked="" type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>Sensei Phil Benge 5<sup>th</sup> Dan 07786 513 973</p> <p><a href="mailto:Sensei@risingstarsaikido.org.uk">Sensei@risingstarsaikido.org.uk</a></p> <p><a href="http://www.Risingstarsaikido.org.uk">www.Risingstarsaikido.org.uk</a></p>

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<p><b>Rising Sun Aikido (Japanese self-defence)</b> Aikido focuses on using the opponent's energy against them without the use of punches or kicks.</p>	14 to 80 years	<p>Mondays 7pm to 9pm</p> <p>Fridays 7pm to 9pm</p>	The Campus Highlands Lane Weston-super-Mare BS24 7DX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Sensei Phil Bengé 5<sup>th</sup> Dan 07786 513 973</p> <p><a href="mailto:Sensei@risingsunaikido.org.uk">Sensei@risingsunaikido.org.uk</a></p> <p><a href="http://www.Risingsunaikido.org.uk">www.Risingsunaikido.org.uk</a></p>
<p><b>Tae Kwon Do</b></p>		<p>Mondays 6pm to 9pm</p>	The Campus Highlands Lane Weston-super-Mare BS24 7DX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Simon 07709 442 104</p> <p><a href="mailto:info@weston-tkd.co.uk">info@weston-tkd.co.uk</a></p> <p><a href="http://www.weston-tkd.co.uk">www.weston-tkd.co.uk</a></p>

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Activity	Ages	When	Where	Accessibility	Contact
<p><b>Weston Juniors Brazilian Jiu Jitsu</b></p>		Tuesdays 7pm to 9pm	The Campus Highlands Lane Weston-super-Mare BS24 7DX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Martin</p> <p>07769 707 240</p>
<p><b>Wing Chun Kung Fu</b> We teach you how to operate your body under stress using automatic conditioned reflexes under your control to maximum effect.</p>	<p>10+ with a training adult</p> <p>15+ unaccompanied</p>	<p>Tuesdays 7pm – 9pm</p> <p>Thursdays 7pm – 9pm</p>	The Campus Highlands Lane Weston-super-Mare BS24 7DX	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Bill McKay 07975 617 610</p> <p><a href="mailto:somersetwingchun@gmail.com">somersetwingchun@gmail.com</a></p> <p><a href="https://www.somersetwingchun.com">https://www.somersetwingchun.com</a></p>