



COMBAT SPORTS

What is this about?

Develop discipline, physical fitness, and self-defence skills through our Brazilian Jiu-Jitsu and combat sports programme. Train under the guidance of qualified martial arts professionals who emphasise both technical proficiency and character development. Students learn fundamental grappling techniques, self-defence applications, and the philosophical principles underlying martial arts practice. Beyond regular training sessions, dedicated participants have opportunities to represent the college in external competitions, testing their skills against peers from other institutions. This programme builds physical strength, mental resilience, and respect for others while providing a supportive community focused on personal growth and achievement.

Location?

Croydon Campus, Lower Ground Floor,
Common Room

Day(s) and Timings?

Every Thursday at 3:30pm to 4pm

SCAN ME



SIGN UP NOW



Croydon
College



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