

# DOCE PAREs

elite filipino martial arts

eskrima kali arnis

stick fighting empty hands

knife defence grappling

sword & dagger self defence

**Fitness First Chatham Kent (Fri 7.30pm)**

**Fitness First Shepherd's Bush (Sat 6pm)**

**Fitness First Leyton (Sun 6pm)**

**Gymbox St Martin's Lane Covent Garden (Mon 8pm)**

Instructor: Ermar 'Alex' Alexander

5th degree black belt

3x world champion

4x undefeated british low armour champion

[www.eadoceparees.com](http://www.eadoceparees.com)

