

**COME JOIN US ON SAT. 10/14/17 FROM 12-2 FOR SOME HARD  
CORE KRAV TRAINING WITH ONE OF OUR SR. KRAV INSTRUCTORS,  
MR. CODY BROOKS!**

*(bring your combat gloves and any training gear, gloves available for sale)  
cost---\$69. Register early by 10/1 and get \$20 off!  
Surprise special guest, snacks and refreshments!*



### **This Krav Seminar Will Teach You:**

1. How to prevent, avoid, escape and evade situations of conflict
2. Attacking and counter-attacking skills, using the hands, legs, feet, arms and head
3. How to use everyday objects for self-defense
4. Techniques to defend yourself against unarmed attacks such as kicks, strikes, throws, different grabs of body and clothing
5. Techniques to defend yourself against armed threats and attacks involving knives, sharp objects, sticks and other blunt objects
6. How to defend yourself when on the ground
7. How to deal with multiple attackers
8. How to defend other people also known as third party protection

Krav Maga is a real world martial arts system that was developed in Hungary and Israel. Krav Maga is a practical and tactical system aimed at training how to neutralize threat and protect through self-defense, as well as how to acquire fighting skills when an offensive strategy is required.

Krav Maga is the ultimate combat training system in the world, offering the quickest and most efficient counter-attacks.

Easy to learn with logical progression; natural and intuitive to perform, practical to employ under stressful situations; and encouraging a tactical and technical approach to self-defense and combat

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