



Lawrence Family Jewish Community Center

JACOBS FAMILY CAMPUS

KRAV MAGA



SAN DIEGO



# KRAV MAGA SAN DIEGO INC

## ISRAELI SELF-DEFENSE

Sunday, January 8 – Thursday, March 1, 2012

### Level 1

Sunday	9 – 10 am
Wednesday	6:15 – 7:15 pm
Thursday	7 – 8 pm

### Level 2

Sunday	10 – 11 am
Wednesday	7:15 – 8:15 pm
("Technical")	
Wednesday	8:15 – 9:15 pm
("Physical")	
Thursday	8 – 9 pm

### Level 3

Sunday	11 am – noon
Thursday	9 – 10 pm

*New students may choose any two Level 1 classes, each week, to attend*

**Instructors: Dana Ben Kaplan, Ben Kerr, Nancy Urbina, Steve Weiss, Benjamin Halcewicz, Drew Goodwin,**

Krav Maga is the official self defense system used by the Israel Defense Forces, Israeli National/Military Police, and Israel's Special Operations and Anti-Terror Units. The unique training methods have received international recognition as innovative, easy-to-learn, and highly practical. It's been taught to civilians, Law Enforcement, and Military personnel across the US, and worldwide. **Krav Maga San Diego has been at the same location for over 20 years** is your local long-term authentic Israeli-linked self-defense and defensive tactics program!

As seen in movies, magazines, and on all of San Diego's Local News Channels

EASY TO LEARN - SELF DEFENSE - FIGHTING SKILLS - RAPE PREVENTION

(These fees are for the full 8 Week Session - choose 2 of any 3 classes each week)

**1st Session: \$250: non-members**

**(incl. handwraps) \$225: JCC members; Dependents of Active Military; < 18 yo's**

**\$200: Active armed Military; Full-time armed LEOs; Prof. FF/PMs**

**Continuing Students: \$150: non-JCC members**

**\$125: JCC Members; Military Dependents; < 18 yo's;**

**\$100: Active Duty armed Mili; armed LEOs/Prof. FFs**

**\*\$125 for Concurrent Students who are also enrolled at KMSD Poway**

*See our Website for Discounts! Late fee \$25 after January 8 (Continuing students only).*

**\*Fees are non-refundable after the course starts\***

PayPal on KMSD, Inc. website; or make Checks payable to: "Lawrence Family JCC"

Mail Checks + Registration Forms to: Krav Maga San Diego, Inc. (NOT the JCC)

P.O. Box 13453, La Jolla, CA 92039-3453

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

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Email: [Info@KravMagaSD.com](mailto:Info@KravMagaSD.com)

Recorded Info: (619) 682-7090

