



Lawrence Family Jewish Community Center

JACOBS FAMILY CAMPUS

KRAV MAGA



SAN DIEGO



# KRAV MAGA SAN DIEGO INC

## ISRAELI SELF-DEFENSE

**Sunday, July 18 – Thursday, September 9, 2010** (8 Week Session)

(final date will be changed/adjusted)

### 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, Nancy Urbina, Benjamin Halcewicz, others**

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 is in its 20th year at the same location and is your local long-term authentic Israeli-linked self-defense 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

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

(incl. t shirt/wraps) **\$225: JCC members; Dependents of Active Military; < 18 yo's**

**\$200: Active Duty Military; Full Time LEO's/FF's**

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

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

**\$100: Active Duty Military; LEO's/FF's**

**\$100 extra for Intermediate Students Concurrently enrolled at KMSD Point Loma**

See our Website for Discounts! Late fee (Continuing students only) \$25 after July 18.

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

**Make Checks payable to: "Lawrence Family JCC" (NOT Krav Maga San Diego)**

**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)

**Email: [Info@KravMagaSD.com](mailto:Info@KravMagaSD.com) Recorded Info: (619) 682-7090**

