



**KRAV MAGA**



**SAN DIEGO  
KID'S KRAV MAGA**



# KIDS KRAV MAGA

For boys and girls, ages 7 - 11

## ISRAELI SELF - DEFENSE

**Instructors:** IKMF Certified - Benjamin Halcewicz, Drew Goodwin  
**Location:** KMSD Poway location, in the SD Combat Center  
 12170 Tech Center Dr., Poway 92064 (across from Costco)  
**When:** **September 27 - November 19, 2011**  
**Tuesday and Thursday afternoons 4:00 - 4:45pm**  
**Saturday mornings 9:00 - 9:45am**

**Krav Maga** ("contact combat "in Hebrew) is a simple system of practical self defense designed to be quickly and easily learned. Developed in Israel, it is endorsed throughout society there, from the Ministry of Education to the most elite Special Units of the Israel Defense Forces.

Children will learn basic safety behavior; defensive tactics; how to fight off a potential abductor; anti-bullying strategy; as well as other rules for keeping themselves safe. A variety of positive exercises and games will be used to improve physical fitness, coordination, awareness, self confidence, discipline and general well being. Also, **Krav Maga is fun!**

See our website to download a flier / registration form to complete and mail in ASAP.

EASY-TO-LEARN • SELF DEFENSE • KIDNAPPING PREVENTION

**FEE: \$200** for the 8 week session (September 27 - November 19, 2011)

*Make Checks payable to:* "Krav Maga San Diego, Inc."

*Mail Checks + Registration Forms to:* Krav Maga San Diego

P.O. Box 13453

La Jolla, CA 92039-3453

See the PayPal link on the [Pre-Register](#) page of our website: [www.KravMagaSD.com](http://www.KravMagaSD.com)

Contact via Email: [Kids@KravMagaSD.com](mailto:Kids@KravMagaSD.com); recording: (619) 682-7090