



KRAV MAGA



SAN DIEGO

WOMEN'S DIVISION



WOMEN'S SELF-DEFENSE SEMINAR

Krav Maga San Diego Inc.

Now is the time to finally do what you've been talking about doing "forever"! Put your personal safety and those of your loved ones FIRST!

Krav Maga is the official self-defense system of the Israel Defense Forces. Because of the dangerous environment in Israel, **women soldiers**, who are conscripted along with males, must be especially prepared to handle hostile situations, including physical/sexual attacks and attempted kidnappings.

Krav Maga San Diego teaches the Israeli version of krav Maga; highly effective, quickly and easily learned, and effectively retained. This is not a fitness/recreational version of krav maga! Students in this seminar will learn strategic exercises for dealing with confrontations, psychological aspects of an attack, environmental awareness and simulation exercises.

Krav Maga San Diego Inc is San Diego's authentic, long term, Israeli-based program and has been teaching Krav Maga to local women for almost **19 years!** This class is popular and fills fast (see **website photos**); please register **ASAP!**

Note: *some measure of physical fitness is required for this seminar.*

When: **Sunday, March 28, 2010, from 2 to 5 pm**

Where: Lawrence Family JCC (see the **KMSD** website, below, for a map)
4126 Executive Drive, La Jolla 92037 (UTC area); 858-457-3030

Fee: **\$50** prepaid; **\$60** day of seminar (*if there is room*)
\$25 for Prior **KMSD Women's Seminar** participants, or
Registered **KMSD** class students from any **2010** session.

Registration: (Open to **all** members of the community; 13 years old and up)
(See **Registration Forms** on **Pre-Register** page to download a form to mail)

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

Mail w/payment to: Krav Maga San Diego, Inc.
P.O. Box 13453; La Jolla, CA 92039-3453

(Fees are Non-refundable)

More Information: www.KravMagaSD.com Women@KravMagaSD.com
Recording (619) 682-7090

Please do not drop any registrations/payment at the JCC!