



KMSD
SAN DIEGO'S
SOURCE FOR



WOMEN'S Krav Maga

WOMEN'S SELF-DEFENSE

SELF-DEFENSE WORKSHOP

- When:** Saturday, January 21, 2023; from 9:23 – 11 AM
Where: TBD, outdoors; registrants will be sent location directions
How: Register / Pay online when registration opens
Who: All females 13 years or older; no experience needed (no observers)
NOTE: LIMITED REGISTRATION
Fee: \$50; \$75 Late. **NOTE: there are no refunds for fees paid**

- Innovative, unique training methods, **easy-to-learn quickly** and effectively retained
- Geared for **school-age** and **professional women**
- **KMSD's** been teaching **Krav Maga** to **San Diego** women for **over 30 years**
- San Diego's **only experienced**, authentic, local, long term Krav Maga program
- This is **NOT** your "franchise" recreational or "fitness" version of Krav Maga, common to "martial arts studios" in storefronts, industrial parks, or strip malls / shopping centers

***Space for this event is Very Limited
It will fill early; please register ASAP**



You will learn to be prepared to handle hostile situations, including physical/sexual assaults, and attempted kidnappings.

Note: some measure of physical fitness is required.

See our **Website / Facebook Photos**

- Gain Environmental Awareness
- Strategic Confrontation Exercises
- Psychological Aspects of an Attack
- Stress Simulation Exercises geared toward San Diego Scenarios



REGISTRATION INFO:

Register Online thru our website to pay w/**credit/debit card** (use **PayPal** button); or by check / money order, payable to:

"Krav Maga San Diego, Inc.", mail to:

P.O. Box 13453
La Jolla, CA 92039

www.KravMagaSD.com
info@KravMagaSD.com
[Instagram.com/KravMagaSanDiego](https://www.instagram.com/KravMagaSanDiego)
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