



KMSD
SAN DIEGO'S
SOURCE FOR



WOMEN'S KRAB MAGA SELF-DEFENSE SEMINAR

When: **Sunday, January 28** from **1:37 – 4:37 PM** (3 hrs; w/breaks)
Where: **Lawrence Family Jewish Community Center; gymnasium**
How: **Register / Pay online: KravMagaSD.com**
Who: **Females 13 years or older; no experience needed**
Fee: **\$75 Early Registration; \$95 Late**

- Innovative, unique KMSD training is **easy-to-learn quickly** and effectively retained
- Geared for **school-age** and **professional women**
- **KMSD** has been teaching **Krav Maga** to **San Diego** women for over **31 years**
- San Diego's **only experienced**, authentic, local, long term Krav Maga program
- **This is NOT** your "franchise", "recreational", "barefoot sportfighting" or "fitness" version of Krav Maga, common to "martial arts studios" in storefronts, industrial parks, strip malls or shopping centers



***Please Register Early to save your spot; these events fill quickly**

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

Note: *a measure of physical fitness is required; consult your Physician*

See our Photos: **Website / IG / FB**

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

Register Online thru our website to pay w/**credit/debit card** (use **PayPal** button)

Krav Maga San Diego, Inc.

P.O. Box 13453

La Jolla, CA 92039

KravMagaSD.com info@KravMagaSD.com

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

[Facebook.com/KravMagaSD](https://www.facebook.com/KravMagaSD)