



**KMSD**  
SAN DIEGO'S  
SOURCE FOR



# WOMEN'S KRAB MAGA SELF-DEFENSE SEMINAR

**When:** **Sunday, August 11** from **9:53 AM – 1 PM** (3+ hrs; w/breaks)  
**Where:** **Lawrence Family Jewish Community Center; gymnasium**  
**How:** **Register / Pay online: [KravMagaSD.com](http://KravMagaSD.com)**  
**Who:** **Females 13 years or older; no experience needed**  
**Fee:** **\$75 Early Registration; \$95 Late; NOTE: there are NO refunds.**

- 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 **32 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](http://KravMagaSD.com) [info@KravMagaSD.com](mailto:info@KravMagaSD.com)

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

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