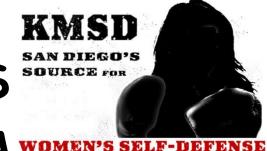


## WOMEN'S SOURCE FOR KRAV MAGA WOMEN'S SELF-DEFENSE



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

Who: Females 13 years or older; no experience needed

\$75 Early Registration; \$95 Late; NOTE: there are NO refunds. Fee:

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)

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