



FREE BEGINNER
SELF DEFENSE
KRAV MAGA FOR
STUDENTS



**OCT 2ND, 9TH, 16TH,
& 30TH
11 AM - 1 PM**



**OCT 3RD & 17TH
3:45 - 5:45 PM**



**MAT ROOM 5 (THROUGH ROOM 4)
(PHYS ED BUILDING)**

WHAT YOU WILL LEARN

- ✓ Strikes (Punches, Kicks)
- ✓ Defend Common Attacks
- ✓ Self Defense Scenarios
- ✓ Increased Awareness
- ✓ Words as Self Defense

**1ST HOUR - BASIC TRAINING
2ND HOUR - SKILLS PRACTICE (OPTIONAL)**

- Develop life-saving skills to help protect yourself
- Help individuals take control of their safety
- Feel more confident in your everyday lives on and off-campus
- Develop skills and knowledge to apply to real world scenarios
- Build connection with peers in a safe environment

**Learn More at
[KMNY.us](https://www.kmny.us)**

Register Now!
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