



FREE BEGINNER  
***SELF DEFENSE***  
**KRAV MAGA** FOR STUDENTS



**FEB 5TH, 12TH,  
19TH & 26TH**  
11:15 AM - 12:45 PM



**FEB 6TH & 13TH**  
4 - 5:30 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!**  
**[Click here for Registration](#)**

