

KRAV MAGA SLC

WOMENS SELF DEFENSE SEMINAR – Saturday May 15th



CAUTION

Prepare to kiss your fears goodbye.



KRAV MAGA

Practical self defense for an impractical world

Seminar Topics:

Art of Distraction

Understanding Conflict & Anger

IBR (instinctive Body Reactions)

de-escalation & diffusing tactics

Use of environment

Rape Prevention

Krav Maga is the Official System of self defense employed by the Israeli Defense Forces, Israeli Anti-Terrorist Units, and Hundreds of Law Enforcement Agencies World Wide. Krav Maga emerged in an environment where extreme violence was common. No defense tactics program in the world is more battle-tested than Krav Maga. Based on simple principles and instinctive movements, this reality based system is designed to teach real self defense in the shortest possible time. Learn to defend against common chokes, grabs, bearhugs, as well as weapons, such as guns, knives and sticks.

Date: Saturday May 15th 2010

Time: 10 a.m. – 2 p.m. (half hour lunch break)

Cost: \$50 before May 1st - \$60.00 at the door

More info contact Paul Evans at 801-942-2693

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