

# KRAV MAGA SLC

## WOMENS SELF DEFENSE SEMINAR - SAT MARCH 12<sup>TH</sup> 2011



# CAUTION

Prepare to kiss your fears goodbye.



### **Krav Maga Salt Lake City**

866 EAST 12300 SOUTH  
801.572.7677  
WWW.KRAVMAGASLC.COM

### **Seminar Topics:**

**Art of Distraction**  
**Understanding Conflict & Anger**  
**de-escalation & diffusing tactics**  
**Self defense will include:**

**Hair pulls, Bear hugs, chokes and ground defense.**

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 a 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 March 12<sup>th</sup> 2011**

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

**Cost: \$50.00 before March 1<sup>st</sup> - \$60.00 at the door**

## **Krav Maga Salt Lake City**

**Giving You a Fighting Chance !**