

CORPORATE Krav Maga

Feel Safe, Live Free.

"The *Essentials* course builds progressively, and Gus prepares participants physically and mentally for each evolution. The realism in these experiences, coupled with effective drills and discussions, form an excellent program that I would enthusiastically recommend to any age, gender, profession or level of experience."

Larissa Liv

Essentials Self-Defense Program

For beginners interested in an accelerated introduction to self-defense, Corporate Krav Maga offers a short 6-session "Essentials" basic level skills training course.

Available to private individuals and small groups, all participants who complete the 6-lesson curriculum will walk away with basic self-defense competency in a short period of time. Gain the confidence and basic self-protection skills you need to successfully manage a violent confrontation.



Essentials Training Agenda

TACTICAL STRIKING: Two sessions learning the proper targets, range and structure of attacks on your attacker's body.

ABDUCTION DEFENSE: Two sessions learning to thwart attackers grabbing you from the front, from behind, and by your hair while they try to take you to another location or into a vehicle.

GROUND DEFENSE: Two sessions learning how to escape violent encounters while your attacker is trying to mount you on the ground. Attacks that we will be defending cover multiple positions and focus entirely on evasion and escape.



Contact: Corporate Krav Maga Founder / Chief Instructor, Gus Bottazzi at (203) 428-5800 or visit CorporateKravMaga.com