

SCHOOL'S OUT, BUT SELF-DEFENSE SHOULDN'T BE.

Learn the *Essentials* of Practical Self-Defense. Fast.



Krav Maga Personal Safety's Essentials group training course is designed to quickly introduce beginners to the basics of self-defense in a short period of time. Participants will walk away with confidence after having learned the knowledge and easy-to-learn skills needed to effectively manage an unexpected violent encounter. Our accelerated 3-session curriculum includes basic Krav Maga self-defense instruction on tactical striking, abduction defense, and ground survival—essential skills for any young adult (whatever their size, gender, or fitness level) first entering or returning to a college campus this fall.

Sign-up today!

Workshop Dates:
(90-minutes each)

Sunday, July 14 (12 noon start)
Sunday, July 21 (12 noon start)
Thursday, July 25 (6:30pm start)

Pricing:

1 session: \$100
2 sessions: \$180
3 sessions: \$260

Contact Chief Instructor, Gus Bottazzi, at (203) 428-5800 or gus@corporatekravmaga.com to sign up.
www.KravMagaPersonalSafety.com

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PERSONAL SAFETY
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