

SIMPLE, EFFECTIVE SELF-DEFENCE

KRAV MAGA



DEFEND YOURSELF AGAINST

MULTIPLE ATTACKERS
ROAD RAGE INCIDENTS
GRABS AND STRANGLES

KNIVES AND GUNS
VIOLENT SITUATIONS
KICKS AND PUNCHES

- Practical and realistic self-defence system
- Based on Israeli self-defence system
- Prevent and avoid all kinds of violent threats
- Easy to master
- ideal for women
- A great way to get fit

Classes: Tuesday's 8.15pm – 9.15pm

Martial Sports Gym
Sharpes Industrial Estate
Swadlincote
DE11 9AZ

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For more info visit
www.kravmagacentral.co.uk