

KMF/Striking **Monday** 8-9pm & **Thursday** 10-11am

KMF/All Levels **Wednesday** 10-11am & 8-9pm, **Saturday** 8:30-9:30am

KMF/Weapons **Saturday** 8-8:30am

Dynamic Combat **Wednesday** 9-10am & 7-8pm

Bag Slam **Friday** 9-10am & 6:30-7:30pm



UNLIMITED KMF PACKAGE: \$90/MONTH

(Sign-up & Yearly Insurance Fees Apply)

**CALL OR EMAIL US TO SET UP YOUR FREE WEEK OF TRAINING
(FIRST LESSON MUST BE SCHEDULED WITH OUR INSTRUCTORS)**

Self-Defense is NOT a Hobby!

Krav Maga Force is a modern self defense system designed to address present day street assaults and confrontations. It is simple, effective and easy to learn, regardless of size, experience, or level of fitness. We offer a friendly environment and take every precaution to ensure safety of all students.

You Will Learn Hand to Hand Techniques, Ground Survival, Knife & Gun Defenses, Rape Prevention & much more...

COME PREPARED KMF t-shirt, comfortable pants/shorts, mouth guard, groin cup (males), MMA & boxing gloves, safety goggles. NO jewelry, NO long fingernails, NO strong perfumes or scents, all long hair must be tied back.

You have ONE life - Fight For It!

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