

**MON** [KMF/Grappling 10-11am] [KMF/Striking 8-9pm]

**WED** [Dynamic Combat 9-10am & 7-8pm]

[KMF/All Levels 10-11am & 8-9pm]

**THU** [KMF/Striking 10-11am] [KMF/Grappling 8-9pm]

**FRI** [Bag Slam 9-10am & 6:30-7:30pm]

**SAT** [KMF/Weapons 8-8:30am] [KMF/All Levels 8:30-9:30am]



**UNLIMITED KMF PACKAGE: \$90/MONTH**

**CALL OR EMAIL US TO SET UP YOUR 2 FREE WEEKS 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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