

MON KMF/Striking 8-9pm

WED Dynamic Combat 9-10am & 7-8pm, KMF/All Levels 10-11am & 8-9pm

THU KMF/Striking 10-11am

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

(Sign-up & Yearly Insurance Fees Apply)



**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!

FOCUS - 9342 Virginia Road, Lake In The Hills, IL 60156

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