

TUESDAY [**KMF All Levels** 9:15-10:15am] [**Weapons** 10:15-10:45am]

WEDNESDAY [**Dynamic Combat** 9:15-10:15am & 6:30-7:30pm]

[**Weapons** 7:30-8:00pm] [**KMF All Levels** 8:00-9:00pm]

THURSDAY [**Striking** 9:15-10:15am & 8:00-9:00pm]

FRIDAY [**Bag Slam** 9:15-10:15am & 6:30-7:30pm]

[**Law Enforcement** 9:15-10:15 am]

SATURDAY [**Weapons** 9:00-9:30am] [**KMF All Levels** 9:30-10:30am]

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)



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.

Self-Defense is NOT a Hobby!

Law Enforcement classes, open to all KMF students, provide skills needed to allow for seamless escalation or de-escalation of force, regardless of the environment. We teach students how to touch, position, move, manipulate, and impact the human body in ways that minimize risk to the officer, while maximizing effectiveness.

Required Equipment : Krav Maga Force T-Shirt, comfortable training pants, clean gym shoes, mouth guard, groin cup (males), gloves, safety goggles. For the Law Enforcement classes we strongly recommend all students to have their own training gun, a holster and a flashlight.

You have ONE life - Fight For It!

FOCUS - STUDIO 1 & 2 (9342 Virginia Road, Lake In The Hills, IL 60156)

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