

Youth Krav Maga Force (8-14 yrs old)



The Youth Krav Maga Force program will teach your child to defend him/herself if attacked physically or emotionally by peers, older children, and/or adults. In addition to **learning self-defense** skills, this program teaches students to **increase situational awareness** in order to avoid ever becoming a victim.

Students enhance their overall **fitness** level through **conditioning elements** meant to improve **speed, agility, strength, endurance, and coordination**. Classes are structured to be both **challenging and fun**, while also teaching necessary **life skills**. The physical skills and confidence gained through participation in this program will benefit your child throughout his/her entire life. Remember, **we may not be able to remove the bullies, but we can minimize victim behavior**.

Tuesday, Thursday & Friday 4:30-5:15pm

BASIC YOUTH: \$75/month

UNLIMITED YOUTH: \$100/month

(Sign-up & Yearly Insurance fee apply.)

Equipment: comfortable work-out clothes, mouth guard, groin cup (males), striking gloves.



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