



FREE BEGINNER  
***SELF DEFENSE***  
**KRAV MAGA** FOR FACULTY/STAFF



**OCTOBER 23RD**  
**11 AM - 1 PM**

**1ST HOUR - BASIC TRAINING**  
**2ND HOUR - SKILLS PRACTICE (OPTIONAL)**



**November 20TH**  
**11 AM - 1 PM**

- Develop life-saving skills to help protect yourself
- Help individuals take control of their safety
- Feel more confident in your everyday lives on and off-campus
- Develop skills and knowledge to apply to real world scenarios
- Build connection with peers in a safe environment



**MAT ROOM 5 (THROUGH ROOM 4)**  
**(PHYS ED BUILDING)**

**WHAT YOU WILL LEARN**

- ✓ Strikes (Punches, Kicks)
- ✓ Defend Common Attacks
- ✓ Self Defense Scenarios
- ✓ Increased Awareness
- ✓ Words as Self Defense

**Learn More at**  
**[KMNY.us](http://KMNY.us)**

**Register Now!**  
**[Click here for Registration](#)**

