

WESTCHESTER
COMMUNITY
COLLEGE
**CAMPUS
SECURITY
DEPARTMENT**

Department of
**Mental Health &
Counseling Services**



FREE BEGINNER
SELF DEFENSE
KRAV MAGA FOR
STUDENTS



**MAR 5TH, 12TH & 26TH
APR 2ND
11:15 AM - 12:45 PM**



**MAR 6TH, 13TH, 27TH
APR 3RD
4 - 5:30 PM**



**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

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

- 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

**Learn More at
KMNY.us**

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

