



6 WEEK WOMEN'S SELF DEFENSE WORKSHOP

Starting Thursday, January 18, 2018 6:45-7:45pm

Come join our team of female instructors as we practice different ways to stay safe and learn defenses against common attacks. Our goal is to help you feel empowered to take care of yourself in any situation and how to avoid dangerous ones. (Ages 15 & up. Wear comfortable clothes and tennis shoes!)

Why Krav Maga?? Krav Maga is not a martial art but a fully developed self defense system that's end goal is keeping you alive. It's practical, effective, and can be used by anyone!



Come learn:

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-Defenses against
common attacks

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-Including threats
with weapons

—
-Awareness skills

—
-Safe and fun
environment!

UFAF KRAV MAGA
FORCE
@CWCK

427 E. Main St. Medford
541.772.1576

\$79.99

10% discount if you've
previously attended a course
with us!

Register TODAY to save your
spot! Only 20 available.