

IMPACT MARTIAL ARTS & FITNESS

KRAV MAGA

Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces. It's also the preferred system for U.S. Military and law enforcement personnel. Krav Maga is based on simple principles and instinctive movements. This reality-based system is designed to teach real self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and bear hugs, as well as weapons. Just as important, we teach people to function during the stress and shock of a sudden, violent encounter. Krav Maga's practical approach to self-defense will make you safer and more secure.

Class Schedule:

Krav Maga Classes: (All Levels)

Tuesdays	Wednesdays	Fridays	Saturdays
11:30am @ Clay	8:00pm @ Clay	7:00pm @ GNM	12:15pm @ GNM

(New location starts 3/25)

Self-Defense Fundamental Class: (Included in membership)

Tuesdays
7:00pm @ GNM