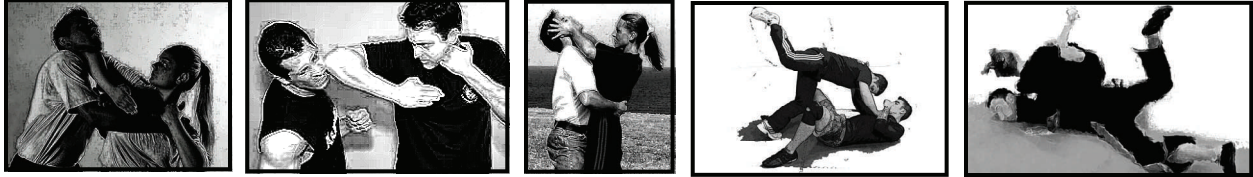


BASIC Krav Maga FOCUS



Channel your Fight, Flight or Freeze responses into swift and effective de-
In a world that is increasingly more dangerous for men and women, Focus Martial Arts is offering, for the first time, a class that will teach you how to defend yourself regardless of your gender, size, strength, fighting experience or fitness level. You don't have to be a martial artist to be able to defend yourself; all you need is to come to Focus and learn this Basic level of Krav Maga Force. **Basic Krav Maga Force** will teach you how to channel your fight, flight or freeze response into basic, no nonsense self defense that works.

Students will learn Krav Maga's fighting stances and movements, various punches, strikes and kicks from standing position as well as from the ground. We will also teach you how to defend against punches, chokes, headlocks and wrist grabs in this high energy, empowering class. ***Krav Maga Force is an easy to learn reality based system of fighting back based on simple and intuitive moves that may one day save your life!***

- Day/Time: Tuesdays 8:00-9:00 pm
Session Date: January 24, 2012 – March 13, 2012
Fee: \$85/person
Equipment: T-shirt, comfortable and loose fitting pants/sweats, mouth guard, groin cup (males), clean gym shoes & Mixed Martial Arts gloves (available at Focus Martial Arts)
Ages: 14 years and older
Min/Max 8/20

Focus Martial Arts & Fitness
9342 Virginia Road, Lake In The Hills 60156
(847) 458-0938 www.focusma.com



BASIC

Krav Maga FOCUS

Coming this Winter

See our Flyer or website for details

*Tuesday Evenings 8-9 pm:
January 24th—March 13, 2012*

www.focusma.com