

KravMagaSelfDefence.Org

Monthly Newsletter

www.KravMagaSelfDefence.Org

New Friday Evening Classes

5:45pm – 6:30pm KravBo - A box fit class designed to build punch & kick combinations using strike pads

6:30pm to 7:45pm – Krav Maga Core Components – Learn the fundamental skills of the Krav Maga self defence combat system for the street.

[Click here for more information](#)

Tuesday Night Classes Continue

6:15pm – 7:00pm KravBo - A box fit class designed to build punch & kick combinations using strike pads.

7:00pm to 8:15pm – Krav Maga Core Components – Learn the fundamental skills of the Krav Maga self defence combat system for the street.

8:15pm to 9:00pm – Krav Maga Advanced Skills - Covering more specialised areas within the Krav Maga hand to hand combat system

[Click here for more information](#)

Next Saturday Classes

8th June and 22nd June

10:00am to 11:15am - Beginners and core components.

Covering all the basic moves, rhythms, skills and core techniques used in Krav Maga from blocking and counter attacking, chokes, grabs, knife defence, striking drills and pad-work and much more

11:15 to 12:00 - Intermediate and advanced skills.

Covering elements such as masking, takedowns, leverage's, dynamic movement, focused striking and much more

[Click here for more information](#)

Class Pricing

Kravbo Box-fit £5.00

Krav Maga Core Components £7.00

Kravbo and Krav Maga Core Components £9.00

Krav Maga Core Components and Advanced Skills £12.00

All three classes in one evening £13.00

New Branded T-shirts & Beenies In Stock



Either collect in class or buy from the website

[Click here for more information](#)

Private Classes & 1 To 1 Training

Available Monday to Fridays 8:00am to 5:00pm

[Click here for more information](#)

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