

Krav Maga South Coast To Offer 5-Week Women Only Self-Defense Course



Can you defend yourself or family if you were assaulted?

Did you know that nearly two million women are assaulted each year in the United States, and more than half of women will be physically assaulted during their lifetime? As a woman, the matter of your safety is your own responsibility. In Krav Maga, there are no hard-and-fast rules, and no distinction in training for men and women. It is not a sport, and all the techniques focus on maximum efficiency in real-life conditions. Attackers pick on women that are perceived to be easy victims. It doesn't matter how tough you really are, but how tough the attacker perceives you to be.

We teach women to walk like predators, not prey, learn to spot danger signs, and to defend themselves when no danger signs are evident. We teach them how to turn fear into power and to be aware of their surroundings at all times. More importantly, they learn how to function under the shock and stress of a

sudden violent encounter.

Krav Maga Boston (South Coast) will be running a five class Women's Only Course beginning December 21, 2013 at our 675 Orchard Street, New Bedford location. This course is perfect for women looking to learn the basics of Krav Maga, college student's home for the holidays and women looking to add another element to their fitness regimen.

The course will focus on basic strikes (punches, kicks, knees, etc.); choke defense, bear hug defense, hair pull defense and basic weapons defense. The cost of this course is \$100 and will be conducted on Saturdays from 9am to 10am. Each student will receive a pair of training gloves and a Krav Maga Boston (South Coast) tee shirt. Classes will be held on December 21, 2013, January 4, 2014, January 11, 2014, January 18, 2014 and January 25, 2014. There will be no class on December 28, 2013 due to the school being closed for the holidays.

To register for this class, email us at kravmaga.deaton@gmail.com or call us at (508) 259-1592. Feel free to contact us with any questions that you may have. Space is limited so reserve your spot today!

David Eaton, Jr.

Krav Maga Boston (South Coast)



*Learn Self-Defense and get in shape with
world class instructors at Krav Maga Boston
(South Coast)!*
