

Krav Maga for Beginners

DO YOU KNOW WHAT TO DO IF YOU GET ATTACKED? FIRST, DON'T PANIC: IT DOESN'T MATTER HOW BIG THE ATTACKER IS. KRAV MAGA TEACHES TECHNIQUES BASED ON REFLEXES THAT ANYONE CAN DO. COME LEARN HOW TO GET OUT OF SOME DANGEROUS SITUATIONS.

ALL BERNARDS TWP. ADULT RESIDENTS ARE WELCOME TO PARTICIPATE IN A CLASS OFFERED BY THE BTEA

WEDNESDAY, MAY 15TH

6:00-7:00 P.M.

RHS WRESTLING GYM

HOSTED BY RHS FRENCH TEACHER & CERTIFIED KRAV MAGA INSTRUCTOR JOELLE GOZLAN

SIGN UP AT: WWW.TINYURL.COM/BTEAKRAVMAGAFORBEGINNERS

THIS CLINIC IS LIMITED TO 30 PARTICIPANTS

