

# LEARN



- LEARN THE THREE FOUNDATIONS, AND HISTORY OF KRAV MAGA
- LEARN ABOUT PRESSURE POINTS EXECUTIONS ON THE HUMAN BODY
- LEARN HOW TO BREAK FREE FROM MULTIPLE HOLD/CHOKE SITUATIONS
- LEARN HAND STRIKING/KICKING TECHNIQUES
- LEARN TO DEFEND AGAINST KNIVES/PISTOLS (ADVANCED COURSE ONLY)



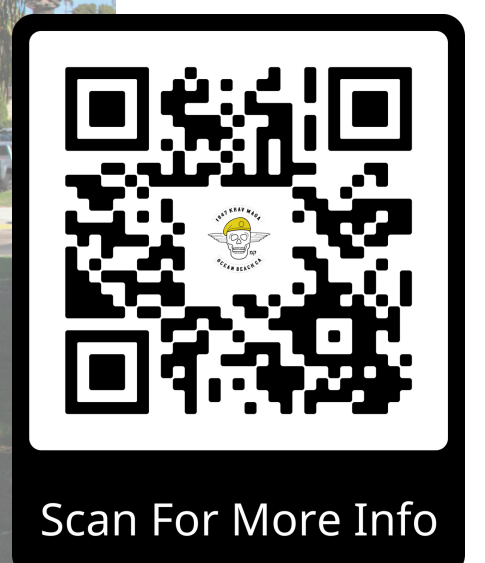
# SELF



WOMEN'S CLASSES HELD SATURDAYS  
MEN'S CLASSES HELD SUNDAYS  
IN OCEAN BEACH

# DEFENSE

קרוב מגע



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