

IMPACT MARTIAL ARTS & FITNESS

KRAV MAGA

Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces. It is also the preferred system for U.S. Military and law enforcement personnel. Krav Maga is based on simple principles and instinctive movements. This reality-based system is designed to teach real self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and bear hugs, as well as weapons. Just as important, we teach people to function during the stress and shock of a sudden, violent encounter. We have the **ONLY** Krav Maga Alliance **2nd Degree Black Belt** north of New York City. Krav Maga is a practical approach to self-defense that will make you safer and more secure.

Krav Maga Classes:

Mondays: 6:00pm – Material/Cardio Class

Tuesdays: 6:15pm – Material/Cardio Class

7:00pm – Kali Stick Fighting (**Invite Only**)

Wednesdays: 7:15pm – Material/Cardio Class

Thursdays: 9:00am – Material/Sparring Class

7:30pm – Sparring Class (**Orange Belts and above**)

Saturdays: 11:30am – Advanced Krav Maga (**Brown Belts and above**)

12:15pm – Material/Cardio Class

DOJO GUIDELINES

- Always demonstrate your respect with a formal **bow** as you enter and exit the dojo and mat.
- Please keep your **Krav Tee and workout attire**, clean and odor free.
- For your safety and the safety of others, **no jewelry** may be worn on the training areas.
- You may attend unlimited classes a week, however, we recommend at least 2 classes each week to ensure proper progress.
- Please **arrive 5-10 minutes** prior to class.

