

STAY SAFE LEARN **KRAV MAGA**

Self-defence for adults, kids and women-only



London Krav Maga, the first established Krav Maga club in the UK, is now offering self-defence classes and courses for adults, kids and women-only at JW3, the fantastic new Jewish community centre on the Finchley Road, NW3.

Krav Maga - Hebrew for close combat - is a realistic and effective form of self defence. It's simple to learn and gives you the skills to defend yourself against all kinds of threats and attacks. It also teaches prevention techniques, gives you the confidence to fight back and keeps you fit. Battle ground tested and growing in popularity around the world amongst civilians, armed forces and even Hollywood names like Daniel Craig who used it to prepare for James Bond, Tom Cruise for Mission Impossible and Jennifer Lopez for Enough.

Secure yourself a place on one of our 12 week courses starting in January, May and September 2014.

To book visit londonkravmaga.com/jw3

London Krav Maga instructors are trained to the highest standards in Israel by KMG Krav Maga Global, the largest professional Krav Maga organisation in the world.



LEARN SELF-DEFENCE WITH LONDON KRAV MAGA



*"The world's best form of self defence
– very enjoyable and easy to learn".*

Time Out

*"it has more self defence cred than
any other system out there
– and we should know".*

Combat Magazine



**London Krav Maga, the first established
Krav Maga club in the UK, now offers a
range of learning options at the new
JW3 in Finchley Road.**

**From novices to classes for those with
previous experience, we offer a range
of training options including:**

- introductory sessions
- drop in classes
- short courses
- women-only training
- kids and teen classes
- 1-2-1 training

For more information visit
londonkravmaga.com