



WHAT IS KRAV MAGA

In Hebrew Krav Maga translates to "contact combat". It was developed by Imi Lichtenfeld in the 1930s as a means of defending the Jewish quarter against fascist groups.

The basic principles in Krav Maga are:

- * Preemptive attacking and counterattacking as soon as possible
- * Targeting the bodies most vulnerable points
- * Neutralize a threat as quickly as possible
- * Maintaining awareness of surroundings

WHAT WILL YOU LEARN

- * Movement
- * Awareness
- * Basic Punches and Kicks
- * Self-Defense
- * Disarms against weapon attacks
- * SO MUCH MORE



WHY KRAV MAGA

Krav Maga may have been started in the 1930s but it will never stop evolving.

We understand that what might work for one won't work for another. The art is constantly adapting what works so that it can work for everyone.

There are no forms to learn, no rules to follow. It is simply survive by any means.

FREE TRIAL CLASS!

AGES 13 AND UP

BENEFITS OF KRAV MAGA

- * Practical self-defense
- * Improved cardio
- * Greater flexibility
- * Gain confidence



REGISTRATION

Victory Krav Maga is a part of Victory Sports Center and all registrations will be taken care of at the front desk. Victory Sports Center requires a yearly \$24.00 family registration fee once a student enrolls in classes. Once registered in our program, your spot is held until a taking a break notice is given. To ensure your first choice of class times, we suggest that all students enroll as early as possible.

Private Group Lessons are Available.

Call for Details.

T-SHIRT COST:

Upon registration you can purchase up to 2 shirts for \$15.00 each.

Please wear athletic clothes to class!



MONTHLY TUITION

55 MINUTE CLASS

\$71 per month

*10% off total family enrollment if registered for two of the same or two different classes

*15% off total family enrollment if registered for three or more of the same or different classes

1st T-SHIRT FREE TO:

Active Military Service Member

Police Officer

E.M.S.

Firefighter

TTU Student

with valid I.D.

STAFF

INSTRUCTOR

Mr. David Wright

Director

**Global Martial Arts Certified
Krav Maga Instructor**

**3rd Degree Black Belt in
Tae Kwon Do**

Victory Sports Center
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VICTORYSPORTSCENTER
...where kids can learn and grow!



SO THAT ONE MAY WALK IN PEACE

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www.victorysportscentertn.com