

KICK SOME NEXT GEN A★★!

# KRAV MAGA

for dummies



WEDNESDAY,  
NOVEMBER 4, 2009  
7:30-9 PM

MULTI PURPOSE ROOM  
ASPER JEWISH COMMUNITY CAMPUS  
123 DONCASTER SCREEC

**FREE!**  
WORKOUT WEAR REQUIRED

**KRAV MAGA** is  
Hebrew for close quarter combat:  
Defense against knives, guns, sticks and  
hand to hand combat. Come out for a hands on  
introduction to modern self- defense - Israeli style.



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