

krav  
maga

at the  
Sabes JCC



Krav Maga is the official self defense system of the Israeli Defense Forces, and has been taught to hundreds of law enforcement agencies and thousands of civilians in the United States. It's a simple, effective self defense system that emphasizes instinctive movements, practical techniques, and realistic training scenarios. Krav Maga is characterized by a logical and progressive approach to learning that results in a highly effective, easy-to-learn, natural and practical method of hand to hand combat for real life violent encounters.

Specialists: Lara Dreier and Don Plowman

## Krav Maga Pricing

Sessions	Member Rate	Program Participant
Individual	\$15	\$20
8 Sessions	\$100 (\$12.50/class)	\$140 (\$17.50/class)
24 Sessions	\$240 (\$10/class)	\$360 (\$15/class)
48 Sessions	\$360 (\$7.50/class)	\$600 (\$12.50/class)

For more information please contact Jena Radant  
at [jradant@sabesjcc.org](mailto:jradant@sabesjcc.org) or by phone at 952-381-3418

[sabesjcc.org](http://sabesjcc.org)



sabes jcc  
minneapolis