

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)

CURRENT CLASS OFFERINGS:

SATURDAYS from 9-10 AM in the West Studio

For more information please contact Jena Radant at jradant@sabesjcc.org or 952-381-3418

sabesjcc.org



sabes jcc
minneapolis