

KRAV MAGA SEMINAR

(fighting for survival up close and personal)

PRESENTED BY: Moshe Katz

Saturday, November 8, 2008

Black's Martial Arts Academy, Bowen Gym,
880 West High Street, Carbondale, IL 62901

10:00am – 4:00pm

\$25.00 for participation (receive certificate)

\$10.00 for spectators

20% off students of all ages with student ID

Not just for martial artists but for anyone – men, women, children – who want to learn self defense. **Curriculum includes: defense against guns, knives, sticks, holds and grabs. Simple ground fighting, anti rape techniques. Situations where you are up against the wall, on the ground, on an airplane. Simple but effective take-downs, striking techniques, blocking.**

Master Katz lives in Israel in Maaleh Adumim where he has a Krav Maga/MMA school. Twice a year he tours North America teaching seminars in the U.S. and Canada. His background includes over 20 years in the martial arts, karate, kickboxing, Muay thai, judo, jujitsu, ground fighting, kung fu, Krav Maga, and Israeli Defense Forces. Over the years the best techniques and strategies from all these styles have blended into the Krav Maga program to be simple, effective, practical self defense. This is designed for the street and the battlefield. He holds a 4th Dan in Krav Maga and Mixed Martial Arts.

Seminar includes a discussion about the attitude of Krav Maga and how that relates to the history of the Jewish people and life in modern Israel as well as a discussion of fighting in the Bible.

For more information go to Websites www.blacksmartialarts.com, www.your-krav-maga-expert.com, and www.simokyfed.com or call (618) 351-6209 or (309)657-5643.

Co-sponsored by Black's Martial Arts Academy, the Jewish Federation of Southern Illinois, and Hillel of Southern Illinois University Carbondale.