



## Kids Krav Schedule

Mon. & Wed.	4:45 - 5:30 5:30 - 6:15
Tues. & Thurs.	5:30 - 6:15 6:15 - 7:00
Saturday	10:00 - 10:45

Schedule subject to change

### Mada Krav Maga

48796 Van Dyke Ave.  
(Located on the South East Corner of 22 Mile Rd.)  
Shelby Township, MI 48317

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*What Are You Mada?*

## KIDS KRAV MAGA



The **COURAGE**  
to say no to strangers

The **KNOWLEDGE**  
to avoid and stand up to bullying

The **DISCIPLINE**  
to walk away from trouble

The **MAIN GOAL**  
PREPARE THEM FOR LIFE



## **Street Smart Self Defense**

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Kids Krav course has been designed for pre-teens 05 - 14 years . Kids will learn various forms of kicks and punches, self defense techniques from various types of attacks like grab and choke.

Krav Maga is the most effective self defense system out there. These classes will teach your child discipline, self confidence, integrity and more, preparing him or her to face any sort of situation such as bullying, chokes, assault and abduction.

Sign your child up today!

## **Krav Safe Kids**

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Mada Krav Maga's kids program focuses on teaching practical and effective self-defense in a fun, dynamic, and encouraging environment. Based on the Krav Maga system, it is different than traditional martial arts. Mada stresses function over form and is designed to bring kids to a very high level of proficiency in a relatively short amount of time.

While self-defense is a very large part of Mada's program, it's not the only part. Subtly ingrained in every class are lessons on functional physical fitness and the importance of practical life skills. The Mada Krav Kids Self-Defense program shows kids that they don't have to choose between being nice and being tough. They can be both.



## **Children's Self Defense and Fitness**

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## **Self Discipline To Achieve Your Goals**

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## **Focus to Set Your Goals**

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## **Confidence to Believe in Yourself**

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