



SELF DEFENCE

— BASED ON —

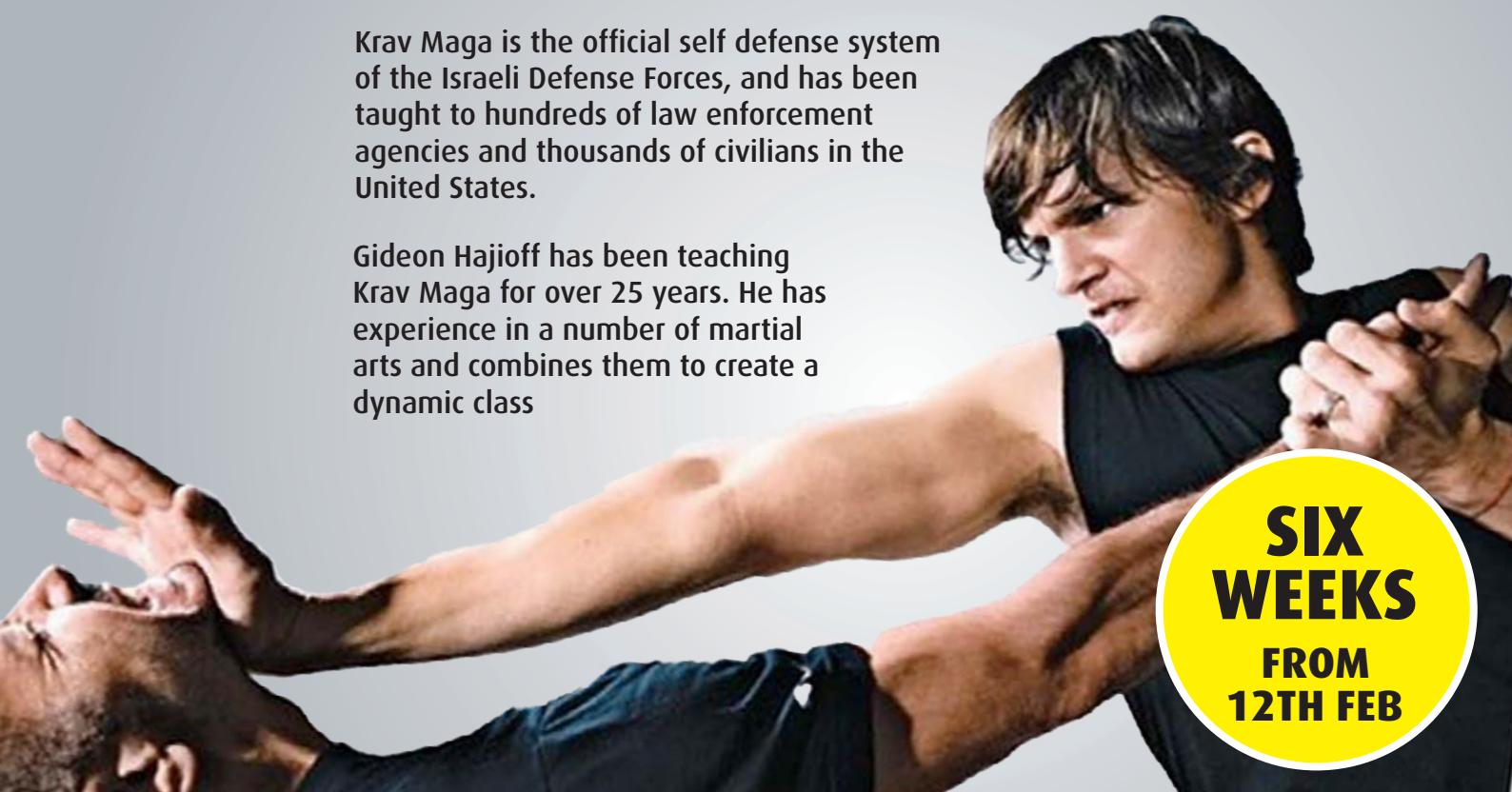
KRAV MAGA & KICKBOXING

— WITH —

ZACK & GIDEON

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.

Gideon Hajioff has been teaching Krav Maga for over 25 years. He has experience in a number of martial arts and combines them to create a dynamic class



**SIX
WEEKS**
FROM
12TH FEB

SUNDAYS @ 7.30PM ★ £60 MEMBERS/£80 NON-MEMBERS