



KRAV MAGA MAOR / SELF DEFENSE

(from age 16, suitable for all levels)

Time: **New class from 03/SEPT/2018** on Monday, **7:20 – 8:20 PM** (doors open at 7:10 PM)

Place: Soodstrasse 57, Adliswil (3rd floor @GARUDAYOGA, close to train station Sood/Oberleimbach)

Our prices

- Trial lesson: free (please advise 079 421 56 57/ info@closecombat.ch)
- 3 months (trial only): CHF 225.-
- 6 months: CHF 390.-
- 12 months: CHF 590.-
- Training wear: CLOSECOMBAT T-Shirt (36.-)
- Protection: Groin protector for men (37.-), Chest protector for women (79.-)
- Member passport: Initial cost CHF 25.- (please provide photo with registration form)

What else?

- Please provide your complete registration form (s. below) for both your trial lesson and/or for your final registration – thank you.
- Recommended: long training pants, light indoor sneakers (none marking sole!)
- GARUDAYOGA has a parquet floor installed. Restrooms available, no showers available.
- Special member's fee applicable for CLOSECOMBAT members participating any CLOSECOMBAT course and seminar: www.closecombat.ch/#events
- What's KRAV MAGA? -> https://en.wikipedia.org/wiki/Krav_Maga
- Who is AMNON MAOR? -> <http://www.maorcenter.com/about-us/amnon-maor/>

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