



KRAV MAGA MAOR / MAOR SELF DEFENSE

(from age 16, suitable for all levels)

Zeit: every Monday, **7:45 – 9:15 PM** (doors open 7:35 PM)

Ort: Webereistrasse 66, Adliswil (sublevel room of Ballettschule Elena Abramova)

Our prices

- Trial lesson: free (please pre-register at 079 421 56 57/ office@closecombat.ch)
- Trial sub 3 months: CHF 230.-
- 6 months: CHF 400.-
- 12 months: CHF 600.-
- Training wear: CLOSECOMBAT T-shirt (45.-)
- Protection: Groin protector for men (37.-), breast protector for women (79.-)
- Member passport: Initial charge CHF 25.- (please bring a passport photo)

What else?

- For your free trial lesson, a completed and signed registration form is expected – thank you (https://www.closecombat.ch/pdf/Anmeldung_CLOSECOMBAT.pdf).
- Recommended: long training trousers, short or long sleeve T-shirt (no tank or spaghetti)
- Training in light indoor sneakers with bright and non-marking sole! No participation in street shoes, socks or barefoot!
- There is only a small changing room – we recommend to come to training in your training wear.
- Closest train stop (S-Bahn): «Sihlau» (S4). Public parking available at Webereistrasse and Sihlstrasse (close to train stop).
- CLOSECOMBAT members are entitled to special member discount for all CLOSECOMBAT courses and seminars: www.closecombat.ch/#events
- What is KRAV MAGA? -> https://en.wikipedia.org/wiki/Krav_Maga
- Who is AMNON MAOR? -> <https://www.maorcenter.com/meet-amnon>

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