



Self-defense Workshop with Krav Maga ATX - February 15th from 10 to 11 AM

What is Krav Maga?

Krav Maga is an Israeli self-defense system based on fast, easy-to-learn responses to common, real-world attacks. It draws on techniques from other martial arts and combat sports (such as Muay Thai, Jiu Jitsu, Karate, wrestling, and boxing) and combines them with an emphasis on home defense, assault prevention, and surprise attacks.

Who is the instructor?

Emily Alexander is the head of the women's self-defense program at Krav Maga ATX. She has been a student of Krav Maga for over a decade and has been instructing for over 2 years. She recently earned her Krav Maga blue belt and is training for her brown belt test later this year. You can learn more about her at www.kravmagaatx.com.

What does a self-defense workshop look like?

- A short introduction to Krav Maga
- A quick warm up
- Training on combatives (punches, kicks, knees, and/or elbows)
- A self-defense scenario (eg, defending strangulation, bearhugs, hair grabs, arms pulls, etc.)
- Q&A

Do I need to be in shape? Who can attend?

No! You don't need to have any experience, and all fitness levels and genders are welcome. Adults, parents, and kids at least 10 years old are welcome to attend!

Krav Maga is meant for everyone of every size, age, and experience level to walk with strength and confidence out in the world.

Where will the workshop be?

Austin Jewish Academy, Multi-Purpose Room, 7300 Hart Lane, Austin, TX, 78731