

Krav Maga Expert Newcastle/Sydney Workshop

Contributed by Adam White
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This article is to let you know that Zeev Cohen from Israel, an Expert Level Instructor with the IKMF Global Instructor Team and one of the most senior instructors is coming to Australia to run workshops.

Zeev has been teaching since 1984 and is very excited to do his first trip to Australia for this workshop.

This is a limited opportunity to train in Krav Maga with a Krav Maga Expert!

Topics include:

- How to deal with common attacks including weapons.
- Defending yourself in confined spaces, crowded areas and from different positions.
- Simultaneous defending and countering.
- Choke defences, dealing with headlocks, multiple attackers and MORE!!!

Newcastle Workshop Where: Lambton High School When: Monday 13th July, 2009 - 6pm to 9pm Cost: \$55 for IKMF members and \$65 for non members. A discount applies to non members when booking more than one place.

To book a position, contact Adam White on 0408 230 730 or email on newcastle@kravmaga.com.au Sydney Workshop Where: Parramatta Town Hall When: Wednesday 15th July, 2009 - 7pm to 10pm (6.30 sign in) Cost: \$55 for IKMF members and \$65 for non members. A discount applies to non members when booking more than one place.

Spaces are limited, so you will have to be quick!!!

To confirm your spot, please make your payment now with Paypal:

<http://www.assertiveaction.com.au/payment.html>

Please remember space is limited, so if you want to come, book now!