

# Krav4kids classes - Teaching kids how to defend themselves - FREE TRIAL LESSON



Location

West Midlands, Warwickshire

<https://www.freeadsz.co.uk/x-520667-z>



Krav Maga self-defence tactics system teaches children & teenagers how to defend themselves and others from a variety of threats and scenarios whilst having lots of fun!

Our Krav Maga (Krav 4 kids) program teaches children how to avoid dangerous situations when possible and how to effectively defend themselves as well as being polite, disciplined and focused. The system consists of realistic self-defence techniques that are effective against both young peers and adult assailants. In addition to making the techniques instinctive, we pay equal focus to the thinking process behind them: when to use a technique; when not to. If you are concerned about your child's safety, Krav Maga training will give you peace of mind, especially when you are not with them.

Classes are open to children from the age of 4 years old to 16 years old, of any size, shape, ability and gender all year round. So if you want your child/children to improve their fitness as well as having fun while learning how to defend themselves, then please contact Ade on 07814446526 078144465...(click to reveal full phone number) or email click to contact to book your FREE trial!

Classes are:-

- Wednesday Age 4-10 - Planet Dance Studios Vulcan Road Solihull B91 2JU - 17:30-18:15
- Thursdays Age 4-14 - GMAC Alexander Stadium Perry Barr Birmingham B42 2LR - 17:45-18:45
- Fridays Cadets Age 10-16 - Planet Dance Studios Vulcan Road Solihull B91 2JU - 17:30-18



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