If you require accommodations due to a disability in order to participate, please contact 512.245.7899 at least 72 hours in advance of the event.

Friday, November 17
1 - 5 p.m.
Pecos Bldg., Room 206

Facilitators from the University Police Department

Krav Maga Self-Defense Training

Krav Maga is Hebrew for “Contact Combat” and is a form of self-defense founded by Imrich (Imi) Lichtenfeld originally for the benefit of the Israel Defense Forces. This self-defense system focuses on sharpening natural instincts and applying them to life-like training scenarios. The U.S Military has utilized Krav Maga to train soldiers in a new form of close-quarters hand-to-hand combat. Law enforcement uses Krav Maga as a threat-neutralizer. Civilians learn Krav Maga for optimal self-defense and conditioning.

Texas State Krav Maga will include a lecture portion to enhance awareness of the individual’s surroundings and the ability to avoid escalations and dangerous states of social interaction. Also included is the physical knowledge that comes with the Krav Maga technique, such as strikes, kicks, fighting from ground, and other forms of defensive action.

This workshop is open to any Texas State faculty or staff who would like to improve his/her basic self-defense. Safety is an ever increasing necessity for individuals to learn, and this workshop provides a free and easy method for learning more efficient ways to protect yourself.

Please wear athletic clothing and tennis or cross-training shoes. Please do not wear jewelry to the course. This course will be physically challenging and extremely fun. Male participants should wear some type of groin protection if at all possible.