

Krav Maga Center of Memphis
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Krav Maga Center of Memphis host Holiday Self-Defense Seminars

MEMPHIS— NOVEMBER 4, 2010 — Krav Maga Center of Memphis will host two back-to-back seminars on Women's Self Defense & Krav Maga with Craig Gray, on November 20, 2010.

This seminar will be held on Saturday November 20, Women's Self Defense from 10am to 12pm. Krav Maga: Close Quarter Combat from 12pm – 4pm.

This powerful woman's assault prevention workshop is designed to not only raise the awareness of the participant, but also to give each person some functional tools to empower the young and young at heart, mothers and daughters, friends and family. It helps women live independent, free and empowered lives!

The program begins with some real life stories of assault and survival. Then we go over the basics of risk identification, assessment & management; 6 A's of Safety; drawing clear boundaries; verbal and non-verbal skills. Next comes the fun part! The women are taught easy to remember and to use physical defense tactics standing up, on the ground and using every day items as weapons

Krav Maga is the official hand to hand / hand to weapon tactical system taught to Israeli military & law enforcement agencies. In this seminar Craig Gray will be teaching close quarter combatives regarding H2W ground survival tactics while engaging someone with an edged weapon. The focus will be how to deal with an attacker armed with a knife if things go to the ground. This isn't sport fighting! You'll learn simple concepts and techniques on how to better survive this dangerous situation. The seminar will cover progressive drills, strategies and tactics.

These seminars will be conducted in a non-competitive, supportive environment. They are open to all adults ages 16 and older. Civilian, law enforcement and military personnel are encouraged to attend. No experience necessary. All martial arts styles welcome.

About the instructor: Craig Gray is a Subject Matter Expert (SME) for numerous law enforcement agencies as well as nationally syndicated Frontlines of Freedom Military / Veteran Talk Radio Show. Craig is responsible for creating the MCOLES (Michigan Commission of Law Enforcement Standards) approved Krav Maga Self Defense for Law Enforcement Training Program. He is an adjunct instructor for the hand to hand tactics and warrior ethics program at the Homeland Security and Protective Services Academy within the Gerald R. Ford Job Corps. Craig is the head instructor for Ronin Martial Arts Academy and serves as education director for the LIFE Leadership Program, an organization that teaches conflict resolution skills to a wide variety of educational, health and security professionals. Craig has over 30 years martial arts experience and is a certified Krav Maga Black Belt Instructor with Israeli Krav International (IKI). He is one of only three people in the United States able to award rank in IKI Krav Maga.

About Krav Maga Center of Memphis: The vision of Krav Maga Center Memphis is to create a movement where Krav Maga Self Defense is readily available to everyone, naturally creating confidence and increased safety awareness for people 8-80 yrs. while learning to survive dangerous situations. The center provides series of seminars at the center and multiple locations throughout Memphis, as well as, offer numerous courses in Krav Maga, Crossfit and Zumba (coming in 2011).

About Krav Maga: Krav Maga (pronounced KRAHV muh-GAH and Hebrew for “contact combat”) is the official self defense system of the Israeli Defense Forces. Krav Maga is a simple, effective self defense system that emphasizes instinctive movements, practical techniques, and real life simulations and field scenarios. It has been taught to hundreds of law enforcement and military agencies and thousands of civilians in the United States, including a roster of professional athletes and celebrities who have used the training system to prepare for movie roles and for overall fitness training. A partial list includes: Jennifer Lopez – Enough, Leonardo DiCaprio - Blood Diamond, Brendan Fraser - The Mummy, Angelina Jolie - Tomb Raider, Kristanna Loken - Terminator 3, Maria Menounos, Rachael Ray, Shannon Elizabeth, and Hilary Swank.

Instructors are available for on-air demonstrations. Course photos and video available.

For more information go to www.kravmagax.com or call 901-214-5727.