



Seminar Event: Dinner and a Fight!

Close quarters Self-Defense techniques for real world surroundings
vol 1: The Restaurant

Time & Location

Aug 25, 10:00 AM-1:00 PM

Zanto Italian Restaurant, 587 College Hwy, Southwick, MA 01077



This Seminar will cover topics including:

- Situational awareness levels and how to avoid physical violence
- Pre-violence indicators, predicting an attack
- Combatives and defensive techniques well suited to a crowded or close-range fight
- Defensive techniques for environment specific challenges (booths, bars, seated positions)
- Lunch and refreshments provided following course completion courtesy of Zanto

***** No prior Martial Arts experience necessary *****

Register Online now before 8/23/2019 and save | \$50.00 Pre-registered \$65.00 At the door

Register Online @ www.PrimalKravMagaNE.com

Contact@PrimalKravMagaNE.com

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