



# KRAV MAGA WOMEN\* S EMPOWERMENT TRAINING SEMINAR

SATURDAY EVENING | NOVEMBER 16 | 6:30-9:30PM

WISCONSIN PLACE COMMUNITY CENTER | 5311 FRIENDSHIP BLVD, CHEVY CHASE, MD 20815

WOMEN'S PERSONAL SAFETY IS AN IMPORTANT CONVERSATION THAT DESERVES SPACE.

WE ARE THRILLED TO BRING THIS TRAINING TO YOU.

**BUILT FOR WOMEN. TAUGHT BY WOMEN.**

LET'S FEEL STRONG, CONFIDENT, POWERFUL.

IN PARTNERSHIP WITH JEWISH COALITION AGAINST DOMESTIC VIOLENCE (JCADA)

JOIN SVIVAH'S POWERFUL COMMUNITY OF WOMEN\* FOR A KRAV MAGA TRAINING SEMINAR

TAUGHT BY THE PROFESSIONAL TEAM OF KRAV MAGA MARYLAND

FEATURING PRACTICAL, EASY-TO-LEARN PERSONAL SAFETY TECHNIQUES AND STRATEGIES.

NO EXPERIENCE REQUIRED; APPROPRIATE FOR ALL FITNESS LEVELS. FOR WOMEN\* 14+

**WE'VE GOT YOU. YOU'VE GOT THIS.**

OFFERING TWO CONCURRENT TRAININGS: ONE FOR HIGH SCHOOL STUDENTS AND ONE FOR 18+.

HIGH SCHOOL STUDENT TRAINING INCLUDES A BRIEF HIGHLIGHT SESSION

OF JCADA'S "IT'S NOT LOVE" SAFE DATING CURRICULUM.

WE WILL COME TOGETHER AS A MULTIGENERATIONAL GROUP FOR A FINAL TRAINING SEQUENCE.

JCADAS COUNSELORS & THEIR SUPPORT TEAM ARE AVAILABLE DURING THE TRAINING & AFTER.

EARLY BIRD REGISTRATION (BY NOV 1) \$55 | REGISTRATION (AFTER NOV 1) \$65

STUDENT (UNDER 24) \$36 | SPONSOR ANOTHER PARTICIPANT \$100

THIS PROGRAM IS OFFERED AT SIGNIFICANT DISCOUNT DUE TO GENEROUS SPONSORS WHO  
PRIORITYZ THIS TRAINING FOR OUR COMMUNITY OF WOMEN. SVIVAH IS **MOST** GRATEFUL.  
IF YOU WOULD LIKE TO BE A PROGRAM SPONSOR, REACH OUT TO [CONNECT@SVIVAH.ORG](mailto:CONNECT@SVIVAH.ORG)

Inspiring,  
supporting,  
connecting,  
& celebrating  
Jewish womanhood.

*Of us.*

\*SVIVAH defines "Jewish woman" as anyone wishing to be included in a circle of Jewish women.

*By us.*

Questions?  
[connect@svivah.org](mailto:connect@svivah.org)

*For us.*

We can't wait to see you  
[www.svivah.org](http://www.svivah.org)

**REGISTER**  
@  
[WWW.SVIVAH.ORG/  
HAPPENINGS](http://WWW.SVIVAH.ORG/HAPPENINGS)  
PRE-REGISTRATION  
REQUIRED