

**A Krav Maga self defense training seminar** will be held at Black's Martial Arts Academy, 880 West High Street, Carbondale, Illinois, **Saturday, November 8, 2008**, 10:00am to 4:00pm. The fee for participants is \$25.00, with a 20% discount for students with student ID; participants will receive a certificate. The fee for spectators is \$10.00. The seminar is taught by Moshe Katz, 4<sup>th</sup> Dan in Krav Maga and MMA. He is from Maaleh Adumim, Israel, where he has a Krav Maga and MMA school. Over the past three years he has taught seminars at 80 colleges across the United States and Canada.

The seminar is cosponsored by Black's Martial Arts Academy, the Jewish Federation of Southern Illinois, and Hillel of Southern Illinois University Carbondale.

**“Krav Maga” is Hebrew for close quarter combat fighting:** for survival up close and personal. It is the unarmed portion of combat; defense against guns, knives, sticks, and hand to hand combat. It is a simple, user-friendly style, designed to meet the needs of modern self defense. Unlike traditional styles, it is constantly being revised based on lessons learned on the battlefield and in combating terrorists.

It is easy to learn, using natural body movements to create techniques that are easy for the body to learn and retain and use in high stress situations. Few techniques are used but they can be applied to many situations. Students have a good time and walk away feeling empowered.

This seminar is for anyone - - men, women, and children – not just for martial artists – who want to learn practical self-defense. The curriculum will include defense against guns, knives, sticks, holds, and grabs; simple ground fighting; anti rape techniques; situations where you are up against the wall, on the ground, on an airplane.

Master Katz has a background of over twenty years in the martial arts including karate, kickboxing, Muay thai, judo, jujitsu, ground fighting, kung fu, Krav Maga, and Israeli Defense Forces. Over the years the best techniques and strategies from all these styles have blended into the Krav Maga program to be simple, effective, practical self defense. This is designed for the street and the battlefield; it is not a sport, not an art, not something that you would use in a tournament.

His teacher, Itay Gil, has only once awarded a 4<sup>th</sup> Dan rank and that is to Mose Katz. Itay Gil was featured on the show “The Human Weapon” on the History Channel.

The seminar will include a discussion about the attitude of Krav Maga and how that relates to the history of the Jewish people and life in modern Israel as well as a discussion of fighting in the Bible.

The style of Krav Maga especially appeals to the independent busy women of today. It is both exercise and a safety plan.

Jennifer Lopez trained in Krav Maga in order to do her scenes in the film “Enough.” Angelina Jolie learned her techniques for the film “Tomb Raider.” Hillary Swank, who

was in “The Next Karate Kid” and played a boxer in “Million Dollar Baby” trains in Krav Maga because she says it is a great way to stay fit.

Krav Maga is perfect for the smaller person because it is not based on physical strength. It does not depend on fighting. It is knowing how to get out. It develops endurance, strength, and stamina. It is designed both for soldiers going into combat and for civilians who need to defend themselves. It is easy to learn and it can be learned quickly.

Taking a self-defense class is one of the most positive things people can do for themselves

**There will be a reception for Master Katz at the Melange following the seminar.**

For more information go to websites [www.blacksmartialarts.com](http://www.blacksmartialarts.com), [www.your-krav-maga-expert.com](http://www.your-krav-maga-expert.com), and [www.simokyfed.com](http://www.simokyfed.com) or call (618) 351-6209 or (309)657-5643.