



MARCH NEWS

NEW CLASS! KETTLEBELLS

We are very excited to announce a new class that will be scheduled on Thursday evenings at 7:00pm. Kettlebells is a ball shaped weight that will give you a great core strengthening workout as well as make you sweat. This class will be taught by our instructor James Soroky. Different Kettlebell weights will be available at the training center. This class is included in your membership - so check it out! First class will be: THURSDAY, MARCH 18TH



Level 2 Test - Saturday, March 27th at 10:00am!

Level 2 Test will be on Saturday, March 27th starting at 10:00am. Remember our tests are comprehensive, meaning you will be retested on the Level 1 material. Also, we are looking for your Level 1 material to show improvement from your last test. If you have questions about any of your techniques or the test please feel free to talk with any of the instructors. We are here to help you. Please sign up at the school for the test. Sign up sheet in the hallway.

Congratulations! To the following students for passing their test:

Level 1: David Bennett, Charles Billington III, Gary Britting, Jacob Majka, Chris Pastel, Paul Joseph Pecuch, Kyle Petko, Tom Schulien, Chris Thomas, Anthony Vinchel, Robert York

Level 3: Mark DePhillips, Brian French, John Lescher, Jason Morris

Instructor Training: We would like to issue a special congratulation to JEFF DEJONGH for passing his Krav Maga Phase A instructor training! Way to go, Jeff!



Fight Fit Krav Maga Night Out! UFC 111 at Fox & Hound in Parma - Saturday, March 27th at

8:30pm Join us at the Fox & Hound in Parma on Day Dr to watch UFC 111. Meet at 8:30p, Fights start at 10:00p.



SCHEDULE CHANGE!

Make sure to pick up a new schedule with new classes added:

New **Level 1 class on Tuesday at 11:00am** – effective March 1st

New **Kettlebell class on Thursdays at 7:00pm** – effective March 18th

New Saturday Schedule –effective March 1st:

9am KM Fit

10am Intro

11am KM Teen

9am Level 3

10am Level 4

11am Level 1

12noon Level 2



April is Sexual Assault Awareness Month: R.A.D. Rape Aggression Defense Women's only basic self defense course

In April we will be offering a women's only basic self defense course utilizing the R.A.D. system. This course will meet on Friday evenings, from 6:00pm to 9:00pm starting April 9th and will continue to meet through the end of the month (April 13th, 23rd, 30th.) **The cost is only \$39 which includes your manual and the 12 hours of training.** The RAD system's primary focus is the realistic development of self defense options for women, before and during situations of imminent or actual abductive assault. Discussion regarding and defining sexual assault, risk assessment, risk reduction strategies, and learning actual physical techniques against common attacks along with the opportunity to practice in a dynamic simulation will be a part of the course. Once a women goes through the Basic RAD Self Defense course they are allowed to retake the course as a refresher for FREE. To register in advance please call Fight Fit and speak with Sarah Fox, Instructor. Ages 16 and up.

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