



# MAGEN ZION FOR ADULTS

## SELF DEFENSE, SELF CONFIDENCE AND FUN!

- TRAINING WITH ISRAEL'S TOP IDF COMBAT OFFICERS
- LEARN TO DEFEND YOURSELF AND OTHERS WITH KRAV-MAGA
- FIREARM SAFETY, WILDERNESS SURVIVAL, AND EVASIVE DRIVING OR 2 WEEKS SESSIONS OPTIONS DURING THE SUMMER OR WINTER
- \*THIS PROGRAM IS ALSO AVAILABLE FOR TEENS IN A THREE WEEK SESSION



**LIROM**  
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