KRAV MAGA × BRAZILIAN JIU-JITSU · JOINT SEMINAR

GET UP OR STAY DOWN?

When a fight hits the ground, two systems give two very different answers. See both, side by side, on the same mat.

KRAV MAGA

GET UP. GET OUT.

Survive the ground, regain your feet and escape as fast as possible.

BRAZILIAN JIU-JITSU

CONTROL. FINISH.

Take the position, control your opponent and win the fight from the ground.

WHAT WE'LL COVER

01

Movement patterns on the ground

02

When to get up fast, and when to stay down

03

Working against a knife

GUS BOTTAZZI

Chief Instructor, Krav Maga Personal Safety

PERSONAL SAFETY krav maga

STEVE LUCIANO

Chief Instructor, Cruvinel Brothers BJJ

CRUVINEL BROTHERS JIU JITSU · SUBMIT TO EXCELLENCE · NORWALK

WHEN
SAT – NOV 21
11 am – 1 pm

WHERE
295 WESTPORT AVE
2nd Floor, Norwalk, CT

COST
FREE FOR MEMBERS
of both academies - $50 mat fee for non-members

Celebrating Cruvinel Brothers Brazilian Jiu-Jitsu Norwalk joining us at 295 Westport Avenue.