



KRAV MAGA™

OFFICIAL TRAINING CENTER

A Licensee of Krav Maga Worldwide Enterprises, LLC

Krav Maga is the official hand-to-hand combat system of the Israeli Defence Forces. It's also the preferred system for U.S. Military and law enforcement personnel. It has now become available to the average citizen who wishes to learn practical self defence and get a great workout at the same time. Its principles work for men and women of all sizes and ages.



Based on simple principles and instinctive movements, this reality-based system is designed to teach real life self defence in the shortest possible time.

You will learn how to defend against:

- **common chokes, grabs and bearhugs**
- **weapons, including a gun, knife or stick**
- **fighting on the ground**
- **multiple attackers**



Just as important, we teach people to function during the stress and shock of a sudden attack. Tested on the battlefield and in the streets, Krav Maga's practical approach to self defence will make you safer and more secure.

Celebrities who train in Krav Maga include *Ashton Kutcher*, *Jennifer Lopez* and *Angelina Jolie*. Krav Maga has been featured in television shows such as National Geographic's "Fight Science", The History Channel and the Discovery Channel.

NOW AVAILABLE IN OSHAWA

This complete self defence system is taught at **Leo Wong's Tae kwon-Do**, a leader in Canadian Martial Arts. Our instructors have been trained, and continue to train extensively by Krav Maga Worldwide in Los Angeles. We are the only licensed Krav Maga Worldwide training center in the Durham Region.



Raymond Wong, Certified Krav Maga instructor and Black Belt

Go Home Safe. Start Your Training Today!

LEO WONG'S TAE KWON-DO & KRAV MAGA

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