



You Are the First Responder.

CHARLESTON KRAV MAGA & MMA

You Are the First Responder. We Will Teach You How.

It will never happen in the Lowcountry right? Not at my office. Not during my concert. Not at my club. And what if it does? Will you be ready? **In light of the horrible senseless act of violence and hatred in Orlando, we would like to offer a free seminar to members of the LGBT community.**

Fit to Fight™ founder Ryan Hoover has developed a program primarily designed to impact individual, social and campus safety procedures while recognizing the need for realistic training and solutions. These programs consider that many traditional “fixes” may be cost-prohibitive, impractical, politically unpalatable or simply ineffective. Our owner, Matt Robinson, is the only person in the Lowcountry certified in this instruction under Fit to Fight™.

During this 2-hour hands-on seminar you will receive instruction and practical application on proven techniques and strategies designed to increase survivability in an active shooter situation. Including combative training, pistol and rifle disarms, solo tackles, team tackles and training drills.

JUNE 25th | 2-4PM | FREE

Visit CharlestonKravMaga.com for more information and to register. The event listings can be found in the bottom center of the web site, you must be pre-registered to attend.



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