

# Krav Maga Salem News and Events

August 2018 Issue



## Muay Thai at KMS!

KMS is excited to announce we have added Muay Thai to our regular schedule. Coach Efen will be teaching this class every Tue/Thu from 6-7. No experience is required, so schedule a class today!

[Schedule Free Trail](#)



## August -Teachers Train free!

As many people are gearing up for back to school, KMS is looking to give back to our teachers. For the whole month of August teachers train free with us! No gimmicks, no tricks just real world self defense.

[Want more info?](#)

## Where in the world is Sheena?

For 4 years now, I have been the Self Defense and Pistol Instructor for a women's camp called *Ladies*

*Hunting Camp.* This camp is geared towards women who want to get more involved in the outdoors. Firearm classes include not only hunting-specific classes, but classes that focus on Rifle, Pistol, and Shotgun. They also offer classes on dutch oven cooking, archery, what to put in your pack, and so much more.



This year I was in La Pine for 2 weekends in a row. I taught approximately 200 women the basics of self-defense and I worked with shooters ranging from brand-new to those with years of experience. This year we had the privilege of being sponsored by Glock and Remington Ammunition on the pistol range.

Having such a great and popular firearm to work with made teaching so much easier, and the women really loved being able to use a firearm that many had previously been scared of. The general consensus is that Glock = Tactical/Police/Scary, so it was loads of fun when I could get these ladies over their fear and able to shoot quarter- and nickel-sized groups from 10 yards with little previous experience. I also chalk that up to the wonderful ammo we were provided (thanks, Remington!).

If you are a woman looking for a way to get involved in hunting or the great outdoors, I would highly recommend this camp. Sponsored by some of the best companies in the world (like Leupold, Cabelas, Weatherby and Nature's Paint) you will only use and learn on top-quality equipment. The Instructors are also some of the very best in their own particular field, including Rihana Cary, Sereena Thompson, Candy and Randy Yow and Krissy Knox!

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DAYS HOURS MINUTES SECONDS

## Halloween class is coming...10/24/2018!

### Loads of new classes coming!

Holy Moly, do we have a packed schedule of training coming at us!!! We will be hosting *Kids Safe Foundation* on 8/18 and 9/15. We have Oregon and Utah concealed carry classes coming up on 8/2, 9/29, and 11/3. We will host an Anti-Carjacking class for members only on 9/22, a Spanish-speaking only Self-Defense class on 10/6,



and an Active Shooter/Post Trauma care class on 10/20. We will be offering a Yellow Belt test on 10/13 (DOC staff, earn your F6 credit by passing this test). We will host our Halloween class on Wed 10/24 from 5:30-7:30. In November, we will have Member Appreciation week starting the 12th and ending with a Hostage Seminar on 11/17. Mark your calendars now and watch Zenplanner for registration options as seats will be limited.

**Krav Maga Salem**

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