

ISRAELI MARTIAL ARTS

Instruction and Demo

Sunday, March 21st ~ 1pm - 2:30pm

Mark Messare has been studying martial arts for over sixteen years and has taught in the Capital District for the last ten. He has given Women's Self Defense classes, provided numerous after school programs for children and had his own studio. Mark currently owns a security training school and martial arts studio in Glenville, NY. He is a certified instructor of the Israeli martial art called Haganah.



Mark will be offering this workshop, for anyone ages 14 and up, at the Schenectady Jewish Community Center. This is a FREE workshop and will be an introduction to the system and determine interest for future classes at the JCC. No previous martial arts experience is necessary. Students should wear comfortable clothing for working out.

For questions call 377-8803, ext 257.

