



Youth X-training Program
a really cool division of Krav Maga™

Self Defense – Fitness – Life Skills

the goal is simple: it's powerful it's effective



We have created a dynamic program that instructs students in realistic self defense, motivates them to improve their overall level of fitness and enriches them with crucial life skills so they can become **CHAMPIONS** in all aspects of their lives



Becoming a Champion

Our goal is for students to realize that becoming a successful and accomplished person--a true CHAMPION--takes hard work and dedication. Respect, discipline, focus, sportsmanship, teamwork, manners, and common sense are just some of the life skills carefully woven into the km-X curriculum.

km-X is creative, thoughtful and custom designed so students can see their progress and be proud of their growth. The km-X program has a complete belt system as well as a unique patch system to reward their accomplishments.

YOUR KIDS are UNIQUE

So we've developed a program to match. The class format is structured to be creative, fun and challenging. Instructors design each class to correspond to the skills and sensitivities of the students. After all, your kids are one-of-a-kind, which is why we built a program tailored to their needs.

we want to help all km-X students become "ready for life"

Located at BreakThru Family Fit 4 Life

48 Union Street Stamford, CT 06906

203-355-9395 or www.breakthrufamilyfitness.com.

Class Schedule: Mon., Wed., Fri

5:00 PM - 5:45 PM (7-13 yr olds)

FREE TRIAL ANYTIME!

