

Catalyst Krav Maga Launches 8-Week Women's Self-Defense Program in Overland Park

Now enrolling: Catalyst Krav Maga's 8-week Women's Self-Defense Program.

OVERLAND PARK, KS, UNITED STATES, May 13, 2025 /EINPresswire.com/ -- Catalyst Krav Maga, a premier self-defense training academy in Overland Park, has announced open enrollment for its highly anticipated 8-Week Women's Self-Defense Program. The course is designed to equip women and girls, ages 13 and up, with practical, real-world techniques in a supportive and empowering environment.



The program begins this summer and offers participants eight weeks of professional Krav Maga instruction focused on awareness, boundary-setting, and effective self-protection strategies. Priced at \$299—a special rate from the regular \$349 tuition—the class is structured to be accessible, impactful, and confidence-boosting.

Classes will be held every Tuesday at 6:00 PM in a women-only setting. For those unable to attend at that time, Catalyst Krav Maga is extending flexibility by allowing participants to attend any beginner-level class during the week.

"No one should walk through life feeling unsafe," said Brian Meyers, owner of Catalyst Krav Maga. "This program will help not only with personal self defense training, but it will also help women and teenage girls reclaim personal power and build a sense of confidence that lasts long after the class ends."

The Women's Self-Defense Program is open to all fitness levels and requires no prior experience. It's ideal for teens preparing for college, women home for the summer, or anyone looking to take ownership of their personal safety in today's uncertain world.

Participants can register online at <https://sparkpages.io/cart/2/?i=k6vb&c=wTHU&ocu=> or call

913.526.6362 with questions.

Program Details

8 Weeks of Professional Instruction

Women-Only Class: Tuesdays at 6:00 PM

Alternative Beginner Classes Available During the Week

Open to Women & Girls Ages 13+

Supportive, Female-Focused Environment

Practical Techniques for Real-World Situations

Space is limited. Early registration is encouraged to secure a spot.

Contact:

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