

KRAV MAGA WORLDWIDE CHIEF INSTRUCTOR DARREN LEVINE IN THE MAY 2009 ISSUE OF BLACK BELT MAGAZINE (PART 2 OF HIS EXCLUSIVE INTERVIEW).

"OUR GOAL IS TO QUICKLY END THE THREAT AND REGAIN CONTROL BY NEUTRALIZING THE ASSAILANT BEFORE HE'S ABLE TO INFLICT INJURY. KRAV-MAGA IS DESIGNED SO OPERATORS CAN SUCCESSFULLY PERFORM DEFENSES FROM DIVERSE POSITIONS OF DISADVANTAGE, FROM VARYING DEGREES OF READINESS AND WHILE UNDER STRESS." - DARREN LEVINE



**NORTH EAST MARTIAL ARTS COUNCIL**  
**PRESENTS**  
**ISRAELI KRAV-MAGA SEMINAR**  
**SUNDAY, MARCH 29<sup>TH</sup>**  
**11:00AM--1:00PM**  
**UNIONVALE MARTIAL ARTS**  
**TYMOR PARK MEETING FACILITY**  
**BRUZGUL ROAD (DUTCHESS COUNTY ROAD 21)**  
**LAGRANGEVILLE, NY**

**Directions to Tymore Park**

- **From Albany and other points north:**  
Take the Taconic State Parkway (passenger vehicles only) south. (see \* below)
- **From White Plains and other points south:**  
From **I-287** (the Cross Westchester Expressway) get on the Sprain Brook Parkway (passenger vehicles only) at exit 3 heading **NORTH**. This becomes the Taconic State Parkway. Continue north until you come to the exit for **ROUTE 55**. Follow directions from \* below.
- **From Connecticut and other points east:**  
Get on I-84 WEST. Follow into New York State. Get on the Taconic State Parkway (exit 16) NORTH. Stay on until you get to Route 55. Go on Route 55 Eastbound. Follow directions from \* below.
- **From Pennsylvania and other points west:**  
From the Scranton area, get on I-84 Eastbound. Go into New York State. Cross the Newburgh Beacon Bridge (\$0.75 toll) and continue to the Taconic State Parkway (exit 16). Go north to Route 55. Follow directions from \* below.
- \* At **ROUTE 55**, heading **EAST**. Stay on Route 55 for about 3 miles. Watch for and pass by the roads named North Cross Road and Wisseman Road. The next intersection (old-timers will remember the Cross Roads Deli was there before it burned down) turn left onto Bruzgul Road (Dutchess County Road 21). Proceed down a winding and, at times, steep hill. As the road straightens out, but before you come to the very bottom, turn right onto Duncan Road and then make your first left into the upper gate of Tymor Park. Down a small hill and into the parking lot. The meeting hall will be on your right as you come down this hill. (If you choose to pass by Duncan road you can turn right at the bottom of the hill into the lower gate of the Park.)