

KravMagaSelfDefence.Org

Monthly Newsletter Dec 2018

www.KravMagaSelfDefence.Org

New Course Dates For 2019

2 Day Knife Defence

14/15th February

The principles of knife defence are always the same, block the attack, counter the attack and then either seek control to finish or flee the scene. When people think of knife attacks they generally imagine one specific type or style of attack. People, especially those new to self defence, do not immediately consider that in order to defend a knife attack you actually need to be able to perform one of several techniques. For instance, an attacker with a knife may attack you overhead downwards, as if with a hammer in their hand or upward, as if stabbing to your stomach. They may also choose to lunge straight at you or with a slashing motion going back and forth say with a stanley knife. Of course they may also choose to combine all of the above angles to form a fast, free flowing, dynamic style of knife attack.

All persons should be aged 18 or above and be reasonably fit and healthy. All courses are limited to a small number of participants to ensure a high quality of training and supervision. This course generally runs Friday and Saturday. This course can be done prior or following the 3 Day course for advancement or as a one-off course.

For more information and other dates [click here](#)

3 Day Basic Street Defence

14/16th March

This 3 day Krav Maga self defence course is taught in a low to medium intensity environment. Providing an introduction to Krav Maga and street self defence. Suited to all levels the course deals with the most common street attacks and problems which, as members of the general public we are most likely to experience in our every day lives.

To see exactly what we cover on this course [click here](#)

All persons should be aged 16 or above and be reasonably fit and healthy. All courses are limited to a small number of participants to ensure a high quality of training and supervision. This course generally runs Thursday to Saturday. The course can be done prior or following the 2 Day Knife Course for advancement or as a one-off course.

For more information and other dates [click here](#)

Next Saturday Classes

8th and 22nd December

10:00am to 11:00am - Beginners and core components.

Covering all the basic moves, rhythms, skills and core techniques used in Krav Maga from blocking and counter attacking, chokes, grabs, knife defence, striking drills and pad-work and much more

11:00 to 12:00 - Intermediate and advanced skills.

Covering elements such as masking, takedowns, leverage's, dynamic movement, focused striking and much more

New Midweek Class

Starts Tuesday 8th January – Radcliffe

18:30 to 19:30 - Beginners and core components

19:30am to 20:30 - Intermediate and advanced skills.

(same format as our Saturday classes)

For more details [click here](#)

Class Pricing

Beginners and Core component class 10am to 11am - £7.00

Intermediate and advanced drills - £7.00

Core components, Intermediate and advanced drills - £12.00 (2 hours)

(Beginners can advance to the full class normally after 6 weeks or once they have mastered the basic Krav moves)

For the latest club news and information

Www.kmsd@kravmagaselfdefence.org

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