

KravMagaSelfDefence.Org

Monthly Newsletter

www.KravMagaSelfDefence.Org

Happy New Year to you all and all the best for 2019

Your Feedback Needed

As you know the new 2019 weekly classes are now underway in both Bury and Radcliffe and as such I am interested to know your thoughts particularly about the start and finish times. Is 6:30pm to early to start or is 8:30pm to late to finish? Obviously I cant please everyone but send me your feedback and I'll see what I can come up with.

Save £40 on Knife Defence

Book yourself on the 2 day knife defence course starting 15th Feb and save yourself £40 if you book before the 16th January. That's just 5 days remaining!!!!

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

A Big Thank You & Shout Out

To all the guys with those Gmail accounts who supplied reviews for my Google page

To read those reviews [click here](#)

Whatspp Group

I've just recreated a new Whatspp group, Krav @ KMSD (07957624399). If you wish to be added to the group just send me a msg and you'll be able to meet and greet new members as well as receive the latest training information and **offers** such as free classes and discounts! Don't worry, you can always remove yourself later!

3 Day Street Defence Courses

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](#)

New Midweek Classes for 2019

Mondays – Bury

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

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

Polish Social Centre at Back East Street, Bury, Gtr Manchester BL9 0RU

(same format as our Saturday classes)

For more details [click here](#)

Tuesdays January – Radcliffe

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

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

Respect Martial Arts Training Centre at 1-3 Adelphi St, Radcliffe, Manchester M26 4ES

(same format as our Saturday classes)

For more details [click here](#)

Next Saturday Classes

19th January

2nd February

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

Class Pricing

Beginners and Core component class - £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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