

KravMagaSelfDefence.Org

Monthly Newsletter

www.KravMagaSelfDefence.Org

3 Day Krav Maga Self Defence Course

Save £60 and book before the 18th October

Course Description

Running from Thursday 1st November to Saturday 3rd November 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.

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

Watch how we teach real world self defence [click here](#)

Course Mission

Develop and train individuals to apply the most common techniques in order to overcome and succeed when caught in a violent confrontation. Discuss and practice situational awareness and pre-conflict indicators so as to avoid confrontations when possible.

This event is a 3 Day Basic Krav Maga Self Defence course covering the most common street style attacks.

Course Fee

The course fee for the 3 day Basic Krav Maga course is £239.00 payable in either 1 or 2 instalments, a deposit of £79.00 at the time of booking and a final payment of £160.00 due 2 weeks prior to the start of the course. (Other payment options available, please contact us)

Alternatively attendees booking by the **Pre-Pay Date** of 17th October making a **one-off** payment of **£179.00** will **save £60.00** off the total course fee

These courses are open to all persons aged 16 or above. Attendees should be reasonably fit and healthy. This course runs from Thursday through to Saturday and is limited to 10 participants.

Course Location

Respect Martial Arts

1-3 Adelphi Street, Radcliffe, M26 4ES

New Format Saturday class 20th October

10:00am to 10:45am - 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 and much more

10:45 to 11:00am - Striking drills and pad-work.

Punching, kicking and other striking drills

11:00am to 11:45 - Intermediate and advanced skills.

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

11:45 to 12 noon - Finishing off

Training Details

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

Timings - Doors open 09:45am, class starts 10:00am.

Pricing

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

Core components, Intermediate and advanced drills 10am to 12 noon - £12.00

(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

Subscribe to our social networking accounts at

Facebook

YouTube

To be removed from this mailing list simply reply with the word "remove" in the subject field