

# **Krav Maga Self Defence (UK)**

## **Q&A - 5 Day Intensive Training Courses**

### **What kind of intensity will the course be run at?**

Initially the emphasis is on teaching good and proper techniques, so for the first couple of days the intensity will be kept low while we draw out the bodies own natural instinctive body movements for defence and counter while at the same time training the mind to react to the overall situation. Over the period of the course we'll increase the intensity to medium and high levels where needed as your knowledge increases and in accordance with your comfort zones.

### **What kind of level of fitness is requested for the intensive course?**

Couch potatoes will find the course extremely hard but if your reasonable fit and active you should be fine, generally speaking cardio fitness is more important than strength so if you practice other sports, jog or have an active lifestyle then you should be fine. Often a strong mind set is more important than physical fitness and a deep desire to achieve course completion will get most students through.

### **Are the courses open to all levels?**

Yes absolutely. All levels, male and female age 18 or above. Previous experience isn't required.

### **Does previous experience count for anything on the course?**

This often depends on what you have done. Students with no experience will have the advantage of an "open" mind and as such should take to the techniques relatively easily where as occasionally students from a traditional martial arts background may find themselves having to adjust their mind set to allow for a little "reprogramming".

### **What training equipment will I need?**

Certainly a groin guard and maybe some forearm pads. Some other students may also use gum shields and shin guards although these are more occasional and personal preference. Pads can be purchased from us at cost or if your bringing your own please make sure they are NOT the hard plastic type.

### **What footwear and clothes should I wear?**

In Krav we wear training shoes when we teach and train and as such its important that the footwear we choose doesn't overly damage our floor mats. With this in mind training shoes should be of the aerobic type with a smooth sole as possible. Out-doors jogging shoes with aggressive grip soles or approach shoes such as Merrells or Meindls etc should NOT be worn. Regarding clothing, standard sports clothing is fine

### **How good could I be after only five days of intensive training?**

The course offers 40 hours of training back to back. If you were to attend the standard one weekly class each week it would take you over 6 months to amass this many hours but then you would have to work out your level of information retention. Also bare in mind how much time you save by not having to spend 20 minutes of each class doing a warm up and other general repartition techniques. In truth 40 hours of intensive training is equivalent to 120+ hour's of normal training.

**I'm still unsure about the courses, what else can I do before deciding?**

Simple! Come and train with us, make arrangements to attend maybe a seminar or if you live local try and come to a few weekly classes to get to know us. Alternatively just phone Tony for a chat. 07957 624399