

Krav Maga Self Defence (UK)

Q&A - 3 Day Intensive Training Courses

What kind of intensity will the course be run at?

This course is run at low to medium intensity focusing on teaching good technique and the application of in a street environment.

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

If you are reasonable fit and active you should be fine. Bare in mind you will be on your feet for around 7 hours (including breaks) each day.

Are the courses open to all levels?

Yes absolutely. All levels, male and female age 16 (with parents/guardians permission) 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 3 days of Krav Maga training?

The course deals with the most common street attacks such as being punched, kicked, grabbed (maybe to be dragged away) and street robbery. We would hope that as a minimum you could then defend these attacks in the street. The course also covers self and situational awareness and as such we would also hope that the teaching will enable attendees to see trouble before it happens and as such escape before any confrontation is inevitable.

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

Phone me (Tony) for a chat and discuss your concerns. 07957 624399