

# ***KravMagaSelfDefence.Org***

*Monthly Newsletter*

[www.KravMagaSelfDefence.Org](http://www.KravMagaSelfDefence.Org)

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## **Saturday 16<sup>th</sup> March**

An Invitation!!

In conjunction with the 3 Day Street Defence course students are invited to attend for either a half day or full day or training relearning and resharpening their self defence skills and techniques.

Half day 9:00am to 12:30pm

Full day 9:00am to 5:00pm (lunch from 12:30 to 1:30)

If you wish to attend please contact me directly either by [email](#) or text 07957 624 399 in advance. This invitation is only open to all students. If you have any questions let me know.

## **Knife Defence Course**

In light of the new knife crime figures and the numbers of **children** under age 18 receiving treatment for knife wounds in England I've decided to lower the age of attendance for all my courses including the two day knife defence course.

[Knife attacks on teenagers up by 93% in five years, figures show](#)

Don't let your kids become victims!!!

Book yourself on the 2 day knife defence course starting 26<sup>th</sup> and 27<sup>th</sup> April and save yourself £40 if you book before the 26<sup>th</sup> March.

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

## **If Your Thinking About Self-defence**

Here are 5 reasons why you should take a course!

- 1) You want to learn how to defend yourself and others quickly and efficiently in a cost effective manner.
- 2) You don't want to spend months or even years learning techniques week in and week out often where you forget what you did last week, paying again and again for the same training.
- 3) You want to concentrate on learning self defence not attending classes where half of each class is dedicated to warm ups, cool downs and fitness training.

4) You want to be able to learn how to defend one problem such as defence against a punch and then learn how the same technique is used to defend a knife attack a bare-hug or choke. This is called accelerated learning or fast tracking where you build on what you already know.

5) Intensive 2 to 3 day courses allow you to cram in all the training you need but aren't so long where you become physically and mentally fatigued allowing you to return to your everyday life without the need for an extended period of recovery. Think of them as short, sharp, high impact courses!

## **3 Day Street Defence Courses**

**14/16<sup>th</sup> March, 23/ 25<sup>th</sup> May, 18/20<sup>th</sup> July**

This 3 day Krav Maga course teaches self defence for today's streets. Aimed at providing an in-depth knowledge of the Krav Maga self defence combat system students will learn how to defend the most common street attacks such as punches, grabs, robbery with weapons such as knives and multiple attackers. As well as teaching physical combative techniques the course also covers increased self awareness to aid in personal safety and increase confidence.

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

All persons should be reasonably fit and healthy. For students and teenagers under the age of 18 who wish to attend please note parental/guardian permission will be required. All KMSD Krav Maga courses are limited to a small number of participants to ensure a high quality of training and supervision. This self defence course generally runs Thursday to Saturday.

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

## **Next Saturday Classes**

**16<sup>th</sup> March (see Invitation event above)**

**30<sup>th</sup> March, 13<sup>th</sup> April**

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

# Tuesday Night is Krav Night in Radcliffe

**18:15 to 19:00 KravBo**

A healthy cardiovascular lesson designed for fitness and fun. Based on boxing and common mixed martial arts striking combinations and drills. Designed to develop balanced movement, footwork and coordination using classic combative strikes such as punches, kicks, knees and elbows.

**19:00 to 20:00 - Beginners and core components Krav Maga**

A self defence core component class covering the fundamental skills of the Krav Maga combat system. Learn how to block, counter strike, defeat chokes, grabs, and defend yourself from knife attacks etc whilst having fun and getting fit.

**20:00 to 20:15 – Pad-work and striking skills**

As the name suggests

**20:15 to 20:45 - Intermediate and advanced skills.**

Covering more specialised areas within the Krav Maga hand to hand combat system by teaching and learning elements such as masking, takedowns, leverage's, lead-away's, dynamic movement, focused striking and dealing with high stress techniques to increase fitness, endurance and stamina.

Location

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

For more details [click here](#)

## Class Pricing

Kravbo Box-fit £5.00

Krav Maga Core Components (Includes padwork) £7.00

Kravbo and Krav Maga Core Components £9.00

Krav Maga Core Components and Advanced Skills £12.00

All three classes in one evening £13.00

## 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!*

# ***For the latest club news and information***

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