

KravMagaSelfDefence.Org

Monthly Newsletter

www.KravMagaSelfDefence.Org

Save £60 and book before the 14th Feb!!

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](#)

2 Day Knife Defence Course

Still time to book!!

Book yourself on the 2 day knife defence course starting 15th Feb and start to fight back against the epidemic that is knife crime today!!!

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

Next Saturday Classes

2nd February

16th February (see below)

2nd March

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

Saturday 16th February

An Invitation!!

In conjunction with the knife defence course students are invited to attend for either a half day or full day or training relearning and resharpening their knife defence skills.

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 those students who have previously trained in knife defence and the relevant controlling techniques. If you have any questions let me know.

Hows About Some Krav BoxFit!

Do you want to get fit? Increase your cardio, strength, endurance and stamina! Then how does a Krav Maga BoxFit class sound? See a video [here](#) of what to expect and let me know if you fancy it.

Midweek Classes for 2019

Mondays – Bury

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

19:30 to 19:45 - Pad work and striking skills

19:45 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

19:30 to 19:45 - Pad work and striking skills

19:45 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](#)

Class Pricing

18:30 to 19:45 Core components/striking- £7.00

Striking/Advanced drills 19:30 to 20:30 - £7.00

Core components, Striking 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)

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

Www.kmsd@kravmagaselfdefence.org

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