



## **INTERNATIONAL KRAV-MAGA ORGANIZATION**

The International Krav- Maga Organization teaches and promotes Krav- Maga which is a unique form of Israeli martial arts used for self defense and in combat situations. Krav-Maga, which in Hebrew literally means contact-combat, is gaining popularity with private and armed forces world-wide, and has proven to be an extremely efficient and practical method for coping with any kind of conflict or violence.

Krav-Maga uses a distinct methodology and is very effective for self defense and in combat situations and enhances mental and physical capabilities.

The Krav-Maga method comes naturally and is easy to perform. Movements are based on natural reflexes and are performed using different techniques. Work- out routines prepare the trainee mentally and physically for real life situations.

People who have trained in Krav-Maga testify:

- ✚ *"The techniques and workout routines are very practical and effective in dealing with situations on the street"*
- ✚ *"Trainees can reach a high level of expertise using the Krav-Maga method within a fairly short time"*
- ✚ *"The trainee`s abilities to deal with stressful situations in real life increase categorically and continue to remain heightened once training is completed"*

The International Krav-Maga Organization works in cooperation with leading Israeli companies that specialize in professional fire arm shooting instruction, personal and facility protection, tactical driving and more. Among the Krav-Maga trainers are senior fire arm counselors from the Israeli Ministry of Defense and special Israeli defense force units.

## **TRAINING**

The International Krav-Maga Organization provides training services in Israel and overseas to security agencies and private individuals. Our specialists provide training with other security organization specializing in armed,



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undercover, and facility security. Additionally, the International Krav-Maga Organization cooperates with other security consultancy companies including the USA based SSI.

Courses are planned according to customer requirements including on-site visits and consultations by the organization specialists.

Self defense coaching is available according to the following training session categories (including fire arm shooting instruction for all levels):

- ❖ One-on-one
- ❖ Organized groups in Israel and abroad
- ❖ Personal and facility security units
- ❖ Police units
- ❖ Prison units
- ❖ Special units

## **KRAV-MAGA TRAINING OPTIONS**

Training options are customized for the following techniques and situations:

- ❖ Combat
- ❖ Assault
- ❖ Weapons
- ❖ Confined areas
- ❖ Danger recognition and avoidance
- ❖ Body searches
- ❖ Protection of others
- ❖ Site protection
- ❖ VIP protection



## **BASIC TRAINING COURSE**

The basic training course offers a diversified course for those interested in obtaining skills in the art of Krav-Maga. The exercise and practice boost self confidence, inner strength, and greatly improve the ability to cope with stress.

The basic training course covers:

- 1) Identifying and coping with threatening situations
- 2) Wide variety of counter moves against knife and small weapon threats
- 3) Strikes and blows to vulnerable points

These courses can be available locally or for a more unforgettable experience participants can train in Israel where they will combine intensive training in our modern facilities and in pastoral settings together with excursions to many attractions and sites in Israel (see PRIVATE TRAINING SESSIONS and TOUR AND TRAIN PROGRAMS)

## **TOUR AND TRAIN GROUP PROGRAMS**

Tour and train group programs include a 5-10 day seminar with daily training and touring. Training is held in the mornings inside the training hall and outdoors. Afternoons are spent touring the Israeli countryside.

## **PRIVATE TRAINING SESSIONS**

Private training sessions overseas are available for a minimum of 20 instructional hours.

## **CIVILIAN TRAINING SEMINAR**

Self defense training options based on the Krav-Maga principles are available to the general public and civilian groups and offer tools for coping with risk situations such as bodily assault and assault with a weapon, tools for identifying dangerous situations and avoidance, and the use of common plain objects in self defense. Other options include fire arm shooting lessons



concentrating on target practice, use of various weapons and paint-ball with self defense training.

## **SECURITY AND PROTECTION**

Available Krav-Maga security and protection courses in Israel and overseas include:

- ❖ Crowd protection
- ❖ Self defense for women
- ❖ Training exercises for police agencies, prison guards, and special units
- ❖ First aid
- ❖ Operational and practical fire-arm shooting practice

## **WOMEN TRAINING COURSES**

The International Krav-Maga Organization seriously addresses women`s issues including sexual harassment, sexual assault and violence towards women by offering a focused course to train women in self defense. This unique course was designed with the help of law enforcement experts, psychologists and women who have fallen victim to violence.

Participants will learn how to identify potential danger, avoidance and early response, for heightened confidence and assertiveness.

## **INSTRUCTORS COURSE**

The instructor's course provides a lengthy, intensive and comprehensive course on self defense according to the Krav-Maga technique. The course lasts for an intensive 10-15 days with 8 hours of daily training.

The training program includes:

- ❖ Studies of self defense based on the Krav-Maga principles and how to use these principles in situations of danger.
- ❖ Physiology
- ❖ Anatomy



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- ❖ First aid
- ❖ Psychological aspects of attacker and victim

At the end of the program students will receive a diploma which will give them the right to teach self defense based on the principles of Krav-Maga.

Students who finish the full course will be able to participate in additional courses which include Krav-Maga for children, self defense for women, security companies, and VIP protection.

Requirements:

1. Minimum age of 18
2. Previous experience in martial arts (minimum blue belt)
3. Medical approval