



## **Krav Maga Introductory Seminar**

### **When:**

Saturday, 04 Jan 2020, 1pm – 2:30pm

### **Where:**

MacDonald Academy of Martial Arts, 6 Riverside St, Watertown MA.

### **What you will need:**

Your favorite workout gear, clean-soled / indoor sneakers and a water bottle. A small towel is advised if you sweat a lot.

### **Cost:**

Free!

### **What to Expect During Our Class:**

#### **1. Warm-Up**

We will start with a light warm-up and introduction to fighting stance and footwork, which will prepare you for the rest of the class. Warm up consists of basic calisthenics such as push-ups, squats, jumping Jacks, and core exercises.

#### **2. Combatives**

Combatives are explosive striking techniques such as punches, kicks, and elbow strikes used both in fighting and in self-defense.

#### **3. Self Defense Techniques**

Self-defense techniques are used to defend yourself from an attack by addressing the immediate danger and following up with a series of combatives (as we learned above).

#### **4. Drills**

Drills are an essential part of Krav Maga training, as they provide a safe but realistic environment for training, making this system unique, effective, and a lot of fun! Throughout the class, we will combine the techniques learned during the seminar and use them to perform self-defense and fighting techniques under stress.

**Why Krav Maga:**

Krav Maga (Hebrew for "close combat") is a unique self-defense system conceived by Imi Lichtenfeld in Bratislava at the beginning of World War II. It was developed to train Jews to defend themselves against the growing Nazi attacks. Continuously refined during numerous years of conflict, Krav Maga became the official self-defense and fighting system of the Israeli Defense Force (IDF), and since then has been taught to law enforcement agencies and civilians worldwide. In 1983, Krav Maga was introduced to United States by Darren Levine, who dedicated several years of rigorous training with Imi in Israel and US. Several years later in 1999, **Krav Maga Worldwide** association was formed and an instructor licensing program was developed.

Krav Maga is the ideal self-defense system for men, women, and children of all ages and physical abilities. Because it is based on our instinctive movements and utilizes natural and easy-to-learn techniques from real life-threatening confrontations, a relatively high degree of proficiency can be achieved in a short instruction period. Krav Maga system is continuously updated as new ideas and techniques are being added, while outdated ideas are removed.

The MacDonald Academy of Martial Arts offers Krav Maga classes 6 days a week for all ages and abilities with highly trained, certified instructors who are passionate about training and teaching Krav Maga. Our dual-studio air-conditioned training facility is fully equipped with training gear and mirrored walls. We give the students our full attention during training, and emphasize safety in training in every class to ensure our students go home safe.

**Additional Info:**

For more information about our Academy or history of Krav Maga, please visit the following:

- <http://bmdacademy.com/>
- <https://www.kravmaga.com/about-us/our-history/>