

1ST KRAV MAGA – ISRAELI SELF DEFENSE DAY AT KÖNIGSBACH

A few days ago, the Martial Arts Association International and the World Krav Maga Association provided a special Krav Maga Seminar in Königsbach, Germany.

From 10:00 in the morning to 5:00 in the evening, chief instructor of MAA-I and representative of the WKMA in France and Switzerland, Jürgen Köhler, taught Krav Maga at its best.

In the first part, in which children were also in attendance, Köhler demonstrated self defense techniques against the most popular attacks, including punches; hook and front, roundhouse kicks and chokes, while standing near to a wall or laying on the ground, bear-hugs and so on.

After lunch, Köhler split the following parts in a theoretical and practical one.

First he taught German police officers about self defense and helping each other in violent situations, then he demonstrated painful pressure points with a special acupuncture dummy and some anatomical pictures.

After that Köhler showed how to use pencils, CD-covers, mobile phones and newspapers as very effective and painful self defense weapons. He also declared that these things will be broken after the training and also after using them in violent emergencies. Because of that, every seminar student got a Kubotan as a present from the Seminar Instructor.

The Kubotan – also known as Palmstic or Yawara – is a 14cm metal stick and looks like an pencil. It is also used in traditional Martial Arts like Karate, Hapkido and Escrima.

After Köhler demonstrated how to use the Kubotan, the training began. The students learned various punching and stabbing drills and how to use them in combat situations.

The students, which where Martial Arts beginners and practitioners from Judo, ATS, Taekwon-Do, Bujinkan Tai Jitsu, Krav Maga Instructors and police officers, where impressed with how effective and very painful these “day-life” tools can be in self defense situations.

If you read the newspapers you'll see more and more articles about criminal and violent situations against children, women, and old people everywhere. Because of that, Jürgen Köhler will be providing more Krav Maga Seminars in future. His next Seminar is on Saturday June 6th 2009 at the Martial Arts Day in Bad Oldesloe. Köhler will teach Krav Maga techniques against knife attacks.

For more information about Krav Maga – Israeli Self Defense, look at <http://www.maa-i.com/krav/> or write a mail to info@maa-i.com.

You can also look at <http://www.wkma.uk.com/>